



Regina Spring Classic

Track and Field Meet

CANADA GAMES TRACK AND FIELD FACILITY

Regina, Saskatchewan

Saturday, May 14, 2022

Sponsored by: Saskmilk

Excel Athletika

Sanctioned by: Saskatchewan Athletics

- Eligibility:** Saskatchewan athletes must be registered with Saskatchewan Athletics prior to the competition. Out-of-province athletes must be registered with the sport governing body in their province. Saskatchewan athletes may obtain a membership by:
 - SA Membership Link: <https://www.trackie.com/members/UN-SK.php> or
 - E-mail: admin@saskathletics.ca or
 - Phone: Saskatchewan Athletics @ 306-664-6744 or
 - Writing to: Saskatchewan Athletics
College Drive
Saskatoon, Saskatchewan S7N 2W4

Day passes, valid for only the specific meet for which they were purchased, will be available at the meet office.

- Age Classes:** Age classes for all events are as follows:
 - **Senior:** 20 and older as of Dec. 31, 2022 (born 2002 or earlier)
 - **U20:** Under 20 as of Dec. 31, 2022 (born 2003 or 2004)
 - **U18:** Under 18 as of Dec. 31, 2022 (born 2005 or 2006)
 - **U16:** Under 16 as of Dec. 31, 2022 (born 2007 or 2008)
 - **U14:** Under 14 as of Dec. 31, 2022 (born 2009 or 2010)
 - **U12:** Under 12 as of Dec. 31, 2022 (born 2011 or later)
 - **Masters:** 35 and over as of the day of the meet (born May 14, 1987 or earlier).
- Scratches:** Please report scratches in lane races to the meet office as soon as possible.
- Protests:** Protests must be submitted in writing to the meet office no later than one-half hour following the official posting of results. Protests must be accompanied by a \$50.00 deposit that may be forfeited if the protest is disallowed.

5. **Entry Deadline:** The entry deadline for the meet is:

6:00 p.m., Monday, May 9, 2022

6. **Entry Fees:** First event: \$25.00
Second event: \$25.00
Additional events: \$20.00 per event.

PLEASE NOTE

7. **Entries:** All entries **MUST** be made online using the **Trackie registration system.**
Trackie Registration: Please paste the following URL into your browser:

<https://www.trackie.com/online-registration/register/regina-spring-classic/475226/>

Entries will not be accepted from e-mails. Late entries will not be accepted.

Direct inquiries to: jflangen@sasktel.net
or
(306) 550-7080

8. **Bib Pick-up:** Douglas Park Track and Field Facility
11:00 A.M., Saturday, May 14, 2022
First Event: 12:00 P.M.

9. **Meet Hotel:** Atlas Hotel – Regina
4177 Albert Street
Rate: \$129.95 plus taxes per night. Includes hot breakfast and parking. The waterpark is not included in the rate. To book rooms:
Phone 306-586-3443 or
E-mail guestambassador@atlashotel.com
Quote Block Code **051422RSC** when booking. Rooms are held until April 15, 2022.

10. **Meet Structure:** Due to the large number of events and the limited amount of time, events will be run as timed section finals. The only exception will be the 100 metres which may be run with heats and finals depending on the number of entries.

11. **Events and Schedule:**

	<u>Track Events</u>		<u>Field Events</u>		
12:00pm	4x100m	U12 Men	High Jump Competitions		Pole Vault Competitions
	4x100m	U12 Women	2:00pm	U16 Women	12:30pm U16 Men
12:05pm	4x100m	U14 Men		U18 Women	U18 Men
	4x100m	U14 Women		U20 Women	U20 Men
12:10pm	4x100m	U16 Men		Senior Women	Senior Men
	4x100m	U16 Women	3:00pm	U14 Women	2:30pm Masters Men
12:15pm	4x100m	U18 Men		U14 Men	U16 Women

	4x100m	U18 Women		Masters Women		U18 Women
12:20pm	600m	U12 Men		Masters Men		U20 Women
	600m	U12 Women		U12 Women		Senior Women
12:25pm	800m	U14 Men		U12 Men		Masters Women
	800m	U14 Women	4:30pm	U16 Men		
12:30pm	800m	U16 Men		U18 Men		
	800m	Masters Men		U20 Men		
12:35pm	800m	U16 Women		Senior Men		
	800m	Masters Women		Long Jump Competitions		Triple Jump Competitions
12:40pm	800m	U18 Men	12:10pm	U12 Women	1:00pm	U14 Women
	800m	U20 Men		U12 Men		U14 Men
	800m	Senior Men	2:00pm	U16 Men	2:00pm	U16 Women
12:45pm	800m	U18 Women		U18 Men		U18 Women
	800m	U20 Women		U20 Men		U20 Women
	800m	Senior Women		Senior Men		Senior Women
12:50pm	60m	U12 Men	4:00pm	U14 Women		Masters Women
	60m	U12 Women		U14 Men		Masters Men
12:55pm	80m	U14 Men		Masters Women	3:00pm	U16 Men
	80m	U14 Women		Masters Men		U18 Men
1:05pm	100m	U16 Men	5:30pm	U16 Women		U20 Men
	100m	U18 Men		U18 Women		Senior Men
	100m	Masters Men		U20 Women		
1:10pm	100m	Senior Men		Senior Women		
	100m	U20 Men		Shot Put Competitions		Javelin Competitions
1:15pm	100m	U16 Women	1:30pm	U12 Men	12:45pm	U16 Men
	100m	U18 Women		U12 Women		U18 Men
	100m	U20 Women		U14 Men		U20 Men
	100m	Senior Women		U14 Women		Senior Men
1:20pm	100m	Masters Women		Masters Women	2:15pm	U16 Women
1:30pm	80m H	U14 Women		Masters Men		U18 Women
	80m H	U14 Men	3:00pm	U16 Men		U20 Women
	80m H	U16 Women		U18 Men		Senior Women
1:35pm	100m H	U18 Women		U20 Men	3:45pm	Masters Women
	100m H	U20 Women		Senior Men		Masters Men
	100m H	Senior Women	3:45pm	U16 Women		U14 Men
	100m H	U16 Men		U18 Women		U14 Women
1:50pm	110m H	U18 Men		U20 Women		
	110m H	U20 Men		Senior Women		
	110m H	Senior Men		Discus Competitions		Hammer Throw Competitions
2:00pm	2000m	U16 Men	12:00pm	U16 Women	5:30pm	U16 Men
	2000m	U16 Women		U18 Women		U18 Men
2:10pm	3000m	U18/Mas Men		U20 Women		U20 Men
	3000m	U20/Sen Men		Senior Women		Senior Men
	3000m	U18/Mas Women		Masters Women		U16 Women
	3000m	U20/Sen Women		Masters Men		U18 Women

2:25pm	300m	U16 Men	U16 Men	U20 Women
	300m	U16 Women	U18 Men	Senior Women
2:35pm	400m	U18 Men	U20 Men	Masters Women
	400m	U20 Men	Senior Men	Masters Men
	400m	Senior Men		
	400m	Masters Men		
2:45pm	400m	U18 Women		
	400m	U20 Women		
	400m	Senior Women		
	400m	Masters Women		
3:20pm	1000m	U12 Men		
	1000m	U12 Women		
3:30pm	1200m	U14 Men		
	1200m	U16 Men		
3:55pm	1200m	U14 Women		
	1200m	U16 Women		
4:10pm	1500m	U18 Men		
	1500m	U20 Men		
	1500m	Senior Men		
	1500m	U18 Women		
	1500m	U20 Women		
	1500m	Senior Women		
	1500m	Masters Men		
	1500m	Masters Women		
4:25pm	150m	U12 Men		
	150m	U12 Women		
4:30pm	150m	U14 Men		
	150m	U14 Women		
4:40pm	200m	U16 Men		
	200m	U18 Men		
4:50pm	200m	U20 Men		
	200m	Senior Men		
	200m	Masters Men		
5:00pm	200m	U16 Women		
	200m	U18 Women		
	200m	Masters Women		
5:10pm	200m	U20 Women		
	200m	Senior Women		