

## EXECUTIVE DIRECTOR

It was a slow start to the year, but ended with the NAIG trials taking place in Saskatoon. Thank you to the membership for your understanding and patience as we navigated through the pandemic during the indoor season but never materialized outdoors.

To Joelle Buckle and Sask Sport, I say thank you for all the financial help we received during the year. Thank you to Brainsport and Impact marketing for its support in enabling Saskatchewan Athletics to conduct a number of essential programs. Our new tents and banners improved our visibility at events.

Thank you to our auditor's - Virtus Group out of Regina for a job well done. Although we did not make our revenue predictions, we also kept spending down which gave us a small surplus again. I am proud to say we have a healthy surplus for that rainy day if we ever need it.

We continue to work hard for you the membership, as we work for the common goal of promoting our sport of Athletics. Congratulations to our: Canada Games Team, Tri-province teams, Legion team, great job at all 3 events. We hosted the Canadian Masters and the Tony Cote games this past summer, job well down by our officials and volunteers. Thank you to Riversdale Track Club on hosting Cross Country Provincials and Team Trials. Also thank you to Saskatoon Track Club for Hosting Outdoor Provincials and EXCE Athletika club on hosting Provincial Indoor for U12, and U14.

Congratulations to our coaches and athletes that took part on the International stage, great job this past year you make us all proud of your achievements. Congratulations to Kelsie Hendry, Toni Beerling, Harry Jerome, and Ruben Mayes on your Induction into the Saskatchewan Sports Hall of Fame in September in Regina. Your legacy in sport continues to shine bright.

Congratulations to Ron Boden from Saskatoon who was recognized by NOC this past year for 50 years of officiating, well done Ron. He received his award at the Bob Adams awards dinner on Oct 22. It was a great evening at Prairieland as we celebrated our award winners and promoted both organizations. Congratulations to all the award winners, but special recognition goes to Ted Rowan who was Inducted into the Canadian Masters Hall of Fame, due to COVID we were not able to celebrate the year he was Inducted.

Our staff have done an amazing job while dealing with COVID, but for now we continue to plan for a back to normal or a new normal. Jamie and Jared have done a tremendous job this past year dealing with the many questions whether events would go or not. A very tough first year under there belt. We said goodbye to Tanika in the fall and we wish her all the best. Laura continues to do a great job. I want to thank our 2 summer students Alex Webster and Austin Edwards, great job. Thanks to all our members for being involved in our sport and making it the best sport in Saskatchewan.

I wish to end my report by thanking the staff, Board of Directors, athletes, coaches and officials for their suggestions, guidance and patience over the last year. Your commitment and support have been greatly appreciated, please be safe and stay healthy.

## SASKATCHEWAN PROGRAMS

### SASK EXCELLENCE

Due to COVID-19 there were limited competition opportunities for athletes in 2021. Because of this no athletes were invited to join the Sask Excellence program in 2022.

With the resumption of regular competition in 2022, athletes will be invited to join the Sask Excellence program for 2023. Athletes will be selected based on their rankings from the 2022 indoor and outdoor seasons. Each athlete will receive a t-shirt, cinch bag, and a certificate for joining the program. Sask Excellence athletes will also be offered a discount to attend Spring Camp in April, and will be automatically selected to compete at the Tri/Dual Province Championships for Team Saskatchewan in the summer of 2023.

### PROVINCIAL TEAM COMPETITIONS

#### **2022 Tri Province Meet – July 22 - 24 – Sherwood Park, Alberta**

U16 Team: The top performers in a variety of events from the Sask Trials Meet in Saskatoon, June 10-12, were invited to be part of the Saskatchewan team competing against Alberta and Manitoba. A total of 46 athletes and 6 team staff attended the meet in Sherwood Park. Team Saskatchewan placed 2<sup>nd</sup> with a combined score of 234.50 points, behind Team Alberta (394.50 points), and ahead of Team Manitoba (176 points).

U18 Team: The top performers in a variety of events from the Sask Trials Meet in Saskatoon, June 10-12, were invited to be part of the Saskatchewan team competing against Alberta and Manitoba. A total of 48 athletes and 6 team staff attended the meet in Sherwood Park. Team Saskatchewan placed 2<sup>nd</sup> with a combined team score of 258 points, behind Team Alberta (381 points), and ahead of Team Manitoba (173 points).

### ATHLETE ASSISTANCE

2022 – 18 athletes attained standard (10 tier I, 8 tier II)  
2021 – 21 athletes attained standard (13 tier I, 8 tier II)  
2020 – 47 athletes attained standard (28 tier I, 19 tier II)  
2019 – 31 athletes attained standard (19 tier I, 12 tier II)  
2018 – 32 athletes attained standard (21 Tier I, 11 Tier II)  
2017 – 26 athletes attained standard (9 Tier I, 17 Tier II)  
2016 – 33 athletes attained standard (12 Tier I, 21 Tier II)  
2015 – 10 athletes attained standard (9 Tier I, 1 Tier II)  
2014 – 23 athletes attained standard (12 Gold, 6 Silver, 5 Bronze)  
2013 – 24 athletes attained standard (12 Gold, 6 Silver, 6 Bronze)  
2012 – 44 athletes attained standard (19 Gold, 11 Silver, 14 Bronze)  
2011 – 38 athletes attained standard (13 Gold, 10 Silver, 15 Bronze)  
2010 – 41 athletes attained standard (14 Gold, 11 Silver, 16 Bronze)

## SASKATCHEWAN PROGRAMS

### ATHLETE ASSISTANCE

2009 – 39 athletes attained standard (16 Gold, 13 Silver, 10 Bronze)  
2008 – 42 athletes attained standard (15 Gold, 8 Silver, 19 Bronze)  
2007 – 34 athletes attained standard (16 Gold, 9 Silver, 9 Bronze)  
2006 – 42 athletes attained standard (12 Gold, 10 Silver, 20 Bronze)  
2005 – 35 athletes attained standard (10 Gold, 8 Silver, 17 Bronze)  
2004 – 42 athletes attained standard (15 Gold, 14 Silver, 13 Bronze)  
2003 – 39 athletes attained standard (14 Gold, 14 Silver, 11 Bronze)  
2002 – 39 athletes attained standard (14 Gold, 14 Silver, 11 Bronze)  
2001 – 46 athletes attained standard (16 Gold, 13 Silver, 17 Bronze)  
2000 – 36 athletes attained standard (13 Gold, 12 Silver, 11 Bronze)  
1999 – 39 athletes attained standard (8 Gold, 15 Silver, 16 Bronze)  
1998 – 31 athletes attained standard (9 Gold, 10 Silver, 12 Bronze)  
1997 – 32 athletes attained standard (11 Gold, 11 Silver, 10 Bronze)  
1996 – 35 athletes attained standard (10 Gold, 6 silver, 19 Bronze)

### CARDED ATHLETES

Four Saskatchewan Athletics members were carded for the 2021-2022 year:

Julianne Labach – Developmental  
Savannah Sutherland – NCAA Developmental  
Scott Joseph – Developmental  
Jessica Frotten – Senior

### AWARDS

#### **Sask Sport Awards 2021:**

Savannah Sutherland (Borden) was a finalist for the Female Athlete of the Year Award. Scott Joseph (Swift Current) was a finalist for the Male Athlete of the Year Award.

#### **University of Saskatchewan Track & Field Awards**

Alexander Webster – Cross Country Male Rookie of the Year  
Jenna McFadyen – Cross Country Female Rookie of the Year  
Anthony Antaya – Cross Country Male Athlete of the Year  
Kaitlyn Harrison – Cross Country Female Athlete of the Year  
Solomon Petinrin – Track and Field Male Rookie of the Year  
Avery Pearson – Track and Field Female Rookie of the Year  
Karson Lehner – Track and Field Male Rookie of the Year  
Kendra Farmer – Track and Field Female Athlete of the Year

## SASKATCHEWAN PROGRAMS

### AWARDS

#### **Huskie Salute Awards**

Avery Pearson – Patricia Lawson Trophy – Female Rookie of the Year

#### **University of Regina Track & Field Awards/Annual Athletics Awards Night**

Joely Welburn – Women’s Track & Field Team MVP

Brayden Mytopher – Men’s Track & Field Team MVP

Joely Welburn – Female Athlete of the Year

#### **2022 Bob Adams Award Winners**

U16 Female Track	Skylar Dyck – Warman
U16 Female Field	Hannah Gates – Regina
U16 Male Track	Yerosen Daba – Saskatoon
U16 Male Field	Rylan Fugel - Saskatoon
U18 Female Track	Katiana Gilbert - Saskatoon
U18 Female Field	Natalie Thompson- Saskatoon
U18 Male Track	Williams Ogunnubi - Saskatoon
U18 Male Field	Michael Tetrault - Saskatoon
U18 Combined Events	Josh Tam - Saskatoon
Athlete with a Disability	Ayva Delainey – Grayson Bradyn Giraudier - Saskatoon
Masters Female Athlete	Carol LaFayette-Boyd - Regina
Masters Male Athlete	Trevor Jacek – Saskatoon
Coach	Ty Pederson – Regina
Official	Laura Young – Saskatoon Robert (Greg) Wilson – Regina

#### **2022 Sask Athletics Award Winners**

U20 Female	Savannah Sutherland – Borden
U20 Female	Avery Pearson – Meadow Lake
U20 Male	Jonathan Podbielski - Regina
Senior Female	Michelle Harrison - Saskatoon
Senior Male	Karson Lehner - Saskatoon
Coach of the Year	Jason Reindl - Saskatoon
Official of the Year	Dave Elder - Saskatoon
Howard West	Sandi Arnason - Osler Trevor Jacek - Saskatoon

## SASKATCHEWAN PROGRAMS

### CHAMPIONSHIPS

Saskatchewan athletes and coaches had another successful year competing at both regional championships and national championships, as the following will illustrate:

#### 2021 Cross Country:

#### Canada West Cross-Country Championships, Saskatoon, SK, October 30:

##### Women

4th	Jenna McFadyen	UOFS	1st Team All Star
5th	Kaitlyn Harrison	UOFS	1st Team All Star
8th	Allison Grajczyk-Jelinski	UOFS	2 <sup>nd</sup> Team All Star
31st	Natalia Bidulka	UOFS	
32nd	Avery Pearson	UOFS	
42nd	Sarah Novakowski	UOFR	
47th	Hillary Mehlhorn	UOFS	
49th	Julianna Engele-Lueke	UOFS	
52 <sup>nd</sup>	Allison Novecosky	UOFS	
63 <sup>rd</sup>	Ellison Kozan	UOFR	
65 <sup>th</sup>	Callum Kraft	UOFR	
68 <sup>th</sup>	Vera Gauvin	UOFR	
69 <sup>th</sup>	Morgan Elkew	UOFR	
70 <sup>th</sup>	Ryann Handley	UOFS	
73 <sup>rd</sup>	Ora Meade	UOFS	
3 <sup>rd</sup>	UofS Women's Team		
7 <sup>th</sup>	UofR Women's Team		

##### Men

19 <sup>th</sup>	Anthony Antaya	UOFS	
20 <sup>th</sup>	Treyton Pernitsky	UOFS	
33 <sup>rd</sup>	Benjamin Seshadri	UVIC	
40 <sup>th</sup>	Kaelan Kolb	UOFR	
41 <sup>st</sup>	Alexander Webster	UOFS	
46 <sup>th</sup>	Dylan Bauman	UOFS	
51 <sup>st</sup>	Jacob Smith	UOFR	
53 <sup>rd</sup>	Kaiden Deck	UOFS	
61 <sup>st</sup>	Kaden Nilson	UOFS	
68 <sup>th</sup>	Matthew Finley	UOFS	
71 <sup>st</sup>	Morgan Kilgour	UOFR	
72 <sup>nd</sup>	Angel Tenorio	UOFS	
74 <sup>th</sup>	Reece Gilbert	UOFR	
75 <sup>th</sup>	Jesse McCabe	UOFR	
76 <sup>th</sup>	Jesse Horsman	UOFS	
79 <sup>th</sup>	Eric Swedlo	UOFS	

## SASKATCHEWAN PROGRAMS

### CHAMPIONSHIPS

5<sup>th</sup> UofS Men's Team  
 7<sup>th</sup> UofR Men's Team

#### USPORT Cross-Country Championships, Quebec City, Quebec, November 20:

##### **Women**

5 <sup>th</sup>	Kaitlyn Harrison	UOFS	1st Team All Canadian
26 <sup>th</sup>	Jenna McFadyen	UOFS	
27 <sup>th</sup>	Allison Grajczyk-Jelinski	UOFS	
29 <sup>th</sup>	Courtney Hufsmith	UOFS	
60 <sup>th</sup>	Avery Pearson	UOFS	
66 <sup>th</sup>	Natalia Bidulka	UOFS	
92 <sup>nd</sup>	Hillary Mehlhorn	UOFS	

5<sup>th</sup> UofS Women's Team

##### **Men**

52 <sup>nd</sup>	Anthony Antaya	UOFS	
70 <sup>th</sup>	Treyton Pernitsky	UOFS	
84 <sup>th</sup>	Dylan Bauman	UOFS	
91 <sup>st</sup>	Alexander Webster	UOFS	
98 <sup>th</sup>	Benjamin Seshadri	UVIC	
108 <sup>th</sup>	Kaiden Deck	UOFS	
117 <sup>th</sup>	Matthew Finley	UOFS	
125 <sup>th</sup>	Kaden Nilson	UOFS	

13<sup>th</sup> UofS Men's Team

#### Canadian Cross-Country Championships, Ottawa, Ontario, November 27:

54 <sup>th</sup>	Jadyn Palaschuk	U18 Women	MJRT
59 <sup>th</sup>	Callie Steen	U18 Women	RIVA
65 <sup>th</sup>	Molly Lakustiak	U18 Women	LTNL
104 <sup>th</sup>	Cara Dobrohoczki	U18 Women	RIVA
156 <sup>th</sup>	Kira Wignes	U18 Women	STFC
9 <sup>th</sup>	Jonathan Podbielski	U18 Men	EXCL
65 <sup>th</sup>	Nathanial Dosman	U18 Men	RIVA
91 <sup>st</sup>	Gilbert Chan	U18 Men	STFC
112 <sup>th</sup>	Nathan Wiens	U18 Men	RIVA
136 <sup>th</sup>	Ethan Randall	U18 Men	RIVA

## SASKATCHEWAN PROGRAMS

### CHAMPIONSHIPS

24 <sup>th</sup>	Kaytlyn Criddle	Open Women	UNSK
50 <sup>th</sup>	Moktar Said	Open Men	RIVA
62 <sup>nd</sup>	Greg Hetterley	Open Men	UOFR
2 <sup>nd</sup>	Hylke Van Der Wal	Masters Men 80+	UNSK
6 <sup>th</sup>	U18 Women (282 points)		TMSK
6 <sup>th</sup>	U18 Men (277 points)		TMSK

### 2022 Indoor Championships:

#### Athletics Canada Indoor U16-U18-U20 Championships, Saint John, NB, March 26-27:

##### **Women**

GOLD	Kendyl Dziadyk	U18 60mH	RIVA
GOLD	Elizabeth Wright	U20 800m	RIVA
SILVER	Attleigh Maloney	U18 400m	RIVA
SILVER	Kendyl Dziadyk	U18 Long Jump	RIVA
SILVER	Elizabeth Wright	U20 1500m	RIVA
BRONZE	Ainsley Clark	U20 Long Jump	RIVA

##### **Men**

SILVER	Nathaniel Dosman	U18 1500m	RIVA
BRONZE	Nathaniel Dosman	U18 3000m	RIVA

#### Medalists at Canada West Championships, Winnipeg, MB, March 18-19:

##### **Women**

GOLD	Avery Pearson	1000m	UOFS
GOLD	Avery Pearson	600m	UOFS
GOLD	Courtney Hufsmith	1500m	UOFS
GOLD	Courtney Hufsmith	3000m	UOFS
GOLD	Gracie Anderson	60m	UOFS
GOLD	Joely Welburn	Long Jump	UOFR
GOLD	Olamide Olaloku	Triple Jump	UOFS
GOLD	Gracie Anderson	4x200m relay	UOFS
GOLD	Ashlyn Mooney	4x200m relay	UOFS
GOLD	Kendra Farmer	4x200m relay	UOFS
GOLD	Paige Willems	4x200m relay	UOFS
GOLD	Ashlyn Mooney	4x400m relay	UOFS
GOLD	Paige Willems	4x400m relay	UOFS
GOLD	Kendra Farmer	4x400m relay	UOFS
GOLD	Avery Pearson	4x400m relay	UOFS
GOLD	Olivia Moyse	4x800m relay	UOFS

## SASKATCHEWAN PROGRAMS

### CHAMPIONSHIPS

GOLD	Kaitlyn Harrison	4x800m relay	UOFS
GOLD	Courtney Hufsmith	4x800m relay	UOFS
GOLD	Avery Pearson	4x800m relay	UOFS
SILVER	Kendra Farmer	300m	UOFS
SILVER	Ashlyn Mooney	Pentathlon	UOFS
SILVER	Kailee Woitas	60m	UOFR
SILVER	Kaitlyn Harrison	1000m	UOFS
SILVER	Kaitlyn Harrison	1500m	UOFS
BRONZE	Alyson Edwards	Pentathlon	UOFR
BRONZE	Kaila Neigum	1500m	UOFR
BRONZE	Kaila Neigum	3000m	UOFR
BRONZE	Natalia McCullough	1000m	UOFR
BRONZE	Olamide Olaloku	Long Jump	UOFS
BRONZE	Paige Willems	300m	UOFS
BRONZE	Rebecca Barkway	60m hurdles	UOFS
BRONZE	Hannah Hagerty	4x200m relay	UOFR
BRONZE	Joely Welburn	4x200m relay	UOFR
BRONZE	Kailee Woitas	4x200m relay	UOFR
BRONZE	Emnet Nixon	4x200m relay	UOFR

#### Men

GOLD	Brennan Degenhardt	Shot Put	UOFS
GOLD	Karson Lehner	300m	UOFS
GOLD	Kieran Johnston	60m hurdles	UOFS
GOLD	Usheoritse Itsekiri	60m	UOFR
GOLD	Ben Seshadri	4x800m Relay	UVIC
SILVER	Adeyinka Solomon Petinrin	Shot Put	UOFS
SILVER	Brayden Mytopher	1500m	UOFR
SILVER	Brayden Mytopher	3000m	UOFR
SILVER	Landon Kohle	Long Jump	UOFS
SILVER	Dylan Bauman	4x800m Relay	UOFS
SILVER	Kaiden Deck	4x800m Relay	UOFS
SILVER	Treyton Pernitsky	4x800m Relay	UOFS
SILVER	Kaden Nilson	4x800m Relay	UOFS
BRONZE	Elliott Klassen	60m hurdles	UOFS
BRONZE	Masson Altrogge	Heptathlon	UOFS
BRONZE	Scott McKerracher	Pole Vault	UOFS
BRONZE	Usheoritse Itsekiri	4x200m Relay	UOFR
BRONZE	Dawson Bentz	4x200m Relay	UOFR
BRONZE	Logan Fettes	4x200m Relay	UOFR
BRONZE	Kyle Borsa	4x200m Relay	UOFR



## SASKATCHEWAN PROGRAMS

### CHAMPIONSHIPS

**Note: Gold and Silver medalist were also named Canada West First Team & Second Team**

Women's Standings - U of S – 1<sup>st</sup> – 178 points

U of R – 4<sup>th</sup> – 77.25 points

Men's Standings - U of S – 2<sup>nd</sup> – 126.5 points

U of R – 5<sup>th</sup> – 57 points

#### Awards

Avery Pearson – Canada West Female Rookie of the Year – UOFS

Kendra Farmer – Canada West Female Student Athlete Community Service Award – UOFS

Jamie Epp – Canada West Assistant Coach of the Year (Female Team) – UOFS

Jason Reindl – Canada West Coach of the Year (Female Team) – UOFS

Usheoritse Itsekiri – Canada West Male Performance of the Meet - UOFR

#### Medalists at USports Championship, Saint John, NB, March 31-April 2:

##### Women

SILVER	Gracie Anderson	60m	UOFS
SILVER	Joely Welburn	Long Jump	UOFS
SILVER	Olivia Moyse	4x800m Relay	UOFS
SILVER	Kaitlyn Harrison	4x800m Relay	UOFS
SILVER	Courtney Hufsmith	4x800m Relay	UOFS
SILVER	Avery Pearson	4x800m Relay	UOFS
SILVER	Ashlyn Mooney	4x400m Relay	UOFS
SILVER	Paige Willems	4x400m Relay	UOFS
SILVER	Kendra Farmer	4x400m Relay	UOFS
SILVER	Avery Pearson	4x400m Relay	UOFS
SILVER	Gracie Anderson	4x200m Relay	UOFS
SILVER	Ashlyn Mooney	4x200m Relay	UOFS
SILVER	Kendra Farmer	4x200m Relay	UOFS
SILVER	Paige Willems	4x200m Relay	UOFS
SILVER	Rebecca Barkway	4x200m Relay	UOFS
SILVER	Timi Adelugba	4x200m Relay	UOFS
BRONZE	Timi Adelugba	60m hurdles	UOFS
BRONZE	Avery Pearson	600m	UOFS
BRONZE	Joely Welburn	High Jump	UOFR

##### Men

GOLD	Usheoritse Itsekiri	60m	UOFR
GOLD	Kieran Johnston	Heptathlon	UOFS
GOLD	Karson Lehner	300m	UOFS
SILVER	Karson Lehner	4x200m Relay	UOFS
SILVER	Austin Edwards	4x200m Relay	UOFS
SILVER	Jacob Murphy	4x200m Relay	UOFS

## SASKATCHEWAN PROGRAMS

### CHAMPIONSHIPS

SILVER	Cole Frank	4x200m Relay	UOFS
SILVER	Kenneth McGovern	4x200m Relay	UOFS
BRONZE	Brennan Degenhardt	Shot Put	UOFS

**Note: Gold and Silver medalist were also named USports First Team & Second Team**

Women Standings: U of S – 2<sup>nd</sup> Place – 76 points

U of R -8<sup>th</sup> Place – 24.5 points

Men's Standings: U of S – 4<sup>th</sup> Place - 52 points

U of R -14<sup>th</sup> Place - 15 points

#### **Awards**

Avery Pearson – Usports Female Rookie of the Year – UOFS

Kendra Farmer – Usports Female Student Athlete Community Service Award – UOFS

Jamie Epp – Usports Assistant Coach of the Year (Female Team) – UOFS

#### **Canadian Masters Indoor Championships, Saint John, NB, March 26-27:**

##### **Women**

GOLD	Sandi Arnason	W45-49 60mH	RIVA
GOLD	Sandi Arnason	W45-49 High Jump	RIVA
GOLD	Sandi Arnason	W45-49 Long Jump	RIVA
GOLD	Sandi Arnason	W45-49 Triple Jump	RIVA
GOLD	Muriel Gieni	W60-64 Triple Jump	RIVA
GOLD	Muriel Gieni	W60-64 Pentathlon	RIVA
SILVER	Sandi Arnason	W45-49 60m	RIVA

##### **Men**

GOLD	Mike Taylor	M40-44 60m	PAAC
GOLD	Mike Taylor	M40-44 200m	PAAC
GOLD	Dale Lawrence	M60-64 60mH	UNSK
GOLD	Dale Lawrence	M60-64 Long Jump	UNSK
GOLD	Dale Lawrence	M60-64 Triple Jump	UNSK
GOLD	Dale Lawrence	M60-64 Shot Put	UNSK
SILVER	Dale Lawrence	M60-64 60m	UNSK
SILVER	Dale Lawrence	M60-64 High Jump	UNSK

#### **2022 Outdoors:**

#### **Canadian U20 & Senior Championships, Langley, BC, June 22-26:**

##### **Women**

GOLD	Jessica Frotten	Wheelchair 100m	CRTC
GOLD	Jessica Frotten	Wheelchair 400m	CRTC
GOLD	Jessica Frotten	Wheelchair 800m	CRTC

## SASKATCHEWAN PROGRAMS

### CHAMPIONSHIPS

GOLD	Jessica Frotten	Wheelchair 1500m	CRTC
GOLD	Shelaine Pritchard	U20 Heptathlon	PAAC
GOLD	Daniella Oyenuga	U20 Long Jump	STFC
GOLD	Michelle Harrison	100m Hurdles	STFC
GOLD	Savannah Sutherland	U20 100mH	STFC
GOLD	Savannah Sutherland	U20 400mH	STFC
GOLD	Avery Pearson	U20 800m	UOFS
SILVER	Olamide Olaloku	U20 Triple Jump	UOFS
BRONZE	Astrid Nyame	100m Hurdles	RWAC

#### Men

GOLD	Teddy Hudye	Seated Discus	CRTC
GOLD	Teddy Hudye	Seated Shotput	CRTC
GOLD	Brendan Cote-Williamson	Para 200m	RWAC
GOLD	Brendan Cote-Williamson	Para 400m	RWAC

\* Adeyinka Solomon Petinrin (RWAC) placed second in the U20 Shot Put but was not eligible to be awarded a medal as he does not have Canadian citizenship.

#### **Canadian Masters Championship, Regina, SK, July 29-31:**

##### Women

GOLD	Andrea Kozan	W50 400m	EXCL
GOLD	Andrea Kozan	W50 800m	EXCL
GOLD	Brenda Hudey	W50 Javelin Throw	EXCL
GOLD	Carol LaFayette-Boyd	W80 100m	EXCL
GOLD	Carol LaFayette-Boyd	W80 200m	EXCL
GOLD	Carol LaFayette-Boyd	W80 Long Jump	EXCL
GOLD	Carol LaFayette-Boyd	W80 Triple Jump	EXCL
GOLD	Celeste Cross Child	W40 1500m	UNSK
GOLD	Celeste Cross Child	W40 5000m	UNSK
GOLD	Donna McKnight	W55 Long Jump	TNMC
GOLD	Elizabeth Tomczak	W35 10000m	JPRC
GOLD	Elizabeth Tomczak	W35 5000m	JPRC
GOLD	Flight Club Regina	W40 4x100m Relay	
GOLD	Gay Renouf	W60 1500m	UNSK
GOLD	Gwen Boivin	W85 100m	UNSK
GOLD	Gwen Boivin	W85 Long Jump	UNSK
GOLD	Gwen Boivin	W85 Triple Jump	UNSK
GOLD	Heather Osborne	W60 800m	TNMC
GOLD	Jan Smith	W60 2000mSC	UNSK
GOLD	Jan Smith	W60 5000m	UNSK
GOLD	Jean Healy	W70 Throws Pentathlon	TNMC
GOLD	Jo-Ann Kennedy	W60 High Jump	UNSK

## SASKATCHEWAN PROGRAMS

### CHAMPIONSHIPS

GOLD	Jo-Ann Kennedy	W60 Long Jump	UNSK
GOLD	Jo-Ann Kennedy	W60 Triple Jump	UNSK
GOLD	Judy Warick	W70 1500m	TNMC
GOLD	Judy Warick	W70 800m	TNMC
GOLD	Kari Zinkhan	W40 100m	FLCR
GOLD	Kari Zinkhan	W40 200m	FLCR
GOLD	Karla Johnson-Gabruch	W40 Throws Pentathlon	UNSK
GOLD	Kelly Silcox	W55 100m	FLCR
GOLD	Kelly Silcox	W55 200m	FLCR
GOLD	Muriel Gieni	W60 Pentathlon	RIVA
GOLD	Muriel Gieni	W60 Shot Put	RIVA
GOLD	Muriel Gieni	W60 Triple Jump	RIVA
GOLD	Patricia Taylor	W35 Shot Put	UNSK
GOLD	Rhonda Tremblay	W60 100m	RIVA
GOLD	Rhonda Tremblay	W60 200m	RIVA
GOLD	Rhonda Tremblay	W60 400m	RIVA
GOLD	Riversdale Athletics	W40 4x400m Relay	
GOLD	Sandi Arnason	W45 100m	RIVA
GOLD	Sandi Arnason	W45 80mH	RIVA
GOLD	Sandi Arnason	W45 High Jump	RIVA
GOLD	Sandi Arnason	W45 Long Jump	RIVA
GOLD	Sandi Arnason	W45 Pentathlon	RIVA
GOLD	Sandi Arnason	W45 Triple Jump	RIVA
GOLD	Selina Coward	W65 200m	EXCL
SILVER	Brenda Hudey	W50 200m	EXCL
SILVER	Excel Athletika	W40 4x100m Relay	
SILVER	Gay Renouf	W60 400m	UNSK
SILVER	Gillian Gracie	W75 Discus Throw	UNSK
SILVER	Gillian Gracie	W75 Hammer Throw	UNSK
SILVER	Gillian Gracie	W75 Javelin Throw	EXCL
SILVER	Gillian Gracie	W75 Shot Put	UNSK
SILVER	Gillian Gracie	W75 Throws Pentathlon	UNSK
SILVER	Gillian Gracie	W75 Weight Throw	UNSK
SILVER	Heather Osborne	W60 1500m	TNMC
SILVER	Heather Osborne	W60 5000m	TNMC
SILVER	Jennifer Tondevold	W45 Throws Pentathlon	EXCL
SILVER	Jo-Ann Kennedy	W60 100m	UNSK
SILVER	Paula Bzdell	W50 400m	UNSK
SILVER	Raquel Boyko	W45 Long Jump	EXCL
SILVER	Sarah Hodges	W45 Javelin Throw	UNSK
SILVER	Selina Coward	W65 100m	EXCL
SILVER	Stephanie Davis-Yau	W35 10000m	UNSK

## SASKATCHEWAN PROGRAMS

### CHAMPIONSHIPS

#### Men

GOLD	Allan East	M55 High Jump	UNSK
GOLD	Alvin Yau	M35 10000m	JPRC
GOLD	Art Battiste	M75 Hammer Throw	TNMC
GOLD	Art Battiste	M75 Javelin Throw	TNMC
GOLD	Art Battiste	M75 Throws Pentathlon	TNMC
GOLD	Art Battiste	M75 Weight Throw	TNMC
GOLD	Brian Berquist	M65 Throws Pentathlon	RIVA
GOLD	Chris Pickering	M34&U Shot Put	UNSK
GOLD	Colin Ellis	M50 400m	EXCL
GOLD	Dale Lawrence	M60 100mH	UNSK
GOLD	Dale Lawrence	M60 High Jump	UNSK
GOLD	Dale Lawrence	M60 Javelin Throw	UNSK
GOLD	Dale Lawrence	M60 Long Jump	UNSK
GOLD	Dale Lawrence	M60 Triple Jump	UNSK
GOLD	Dave Olsen	M65 10000m	UNSK
GOLD	Doug McLaren	M45 High Jump	UNSK
GOLD	Gerry Nagy	M60 10000m	UNSK
GOLD	Gerry Nagy	M60 5000m	JPRC
GOLD	Hylke Van Der Wal	M80 2000mSC	UNSK
GOLD	Hylke Van Der Wal	M80 200m	UNSK
GOLD	Hylke Van Der Wal	M80 200mH	UNSK
GOLD	James McLane	M70 Javelin Throw	UNSK
GOLD	Janz Stein	M40 Long Jump	EXCL
GOLD	Jayden Wiebe	M34&U Long Jump	STFC
GOLD	Jayden Wiebe	M34&U Triple Jump	STFC
GOLD	Keith Meszaros	M65 1500m	RWAC
GOLD	Mark Becker	M55 Discus Throw	UNSK
GOLD	Mark Becker	M55 Javelin Throw	UNSK
GOLD	Mark Becker	M55 Shot Put	UNSK
GOLD	Michael Ehr	M40 Javelin Throw	UNSK
GOLD	Paul Kozan	M50 Discus Throw	UNSK
GOLD	Randy Warick	M70 1500m	TNMC
GOLD	Roland Delhomeau	M75 Discus Throw	TNMC
GOLD	Tarrant Cross Child	M45 5000m	UNSK
GOLD	Trevor Jacek	M40 1500m	RWAC
GOLD	Trevor Jacek	M40 800m	RWAC
SILVER	Mike Taylor	M40 100m	PAAC
SILVER	Art Battiste	M75 Discus Throw	TNMC
SILVER	Art Battiste	M75 Shot Put	TNMC
SILVER	Brian Berquist	M65 Discus Throw	RIVA
SILVER	Colin Ellis	M50 100m	EXCL
SILVER	Dale Lawrence	M60 Discus Throw	UNSK

## SASKATCHEWAN PROGRAMS

### CHAMPIONSHIPS

SILVER	Dave Olsen	M65 5000m	UNSK
SILVER	Devon Ernst	M40 400m	UNSK
SILVER	Erroll Simington	M70 400m	TNMC
SILVER	Hylke Van Der Wal	M80 Long Jump	UNSK
SILVER	James McLane	M70 Discus Throw	UNSK
SILVER	James McLane	M70 Shot Put	UNSK
SILVER	Keith Meszaros	M65 800m	RWAC
SILVER	Marcel Macfarlane	M50 10000m	UNSK
SILVER	Mike Taylor	M40 100m	PAAC
SILVER	Randy Warick	M70 5000m	TNMC
SILVER	Roland Delhomeau	M75 Throws Pentathlon	TNMC
SILVER	Roland Delhomeau	M75 Weight Throw	TNMC
SILVER	Ron Kelly	M65 200m	DATC
SILVER	Serge Halde	M55 100m	UNSK
BRONZE	Colin Ellis	M50 200m	EXCL
BRONZE	David Jackson	M60 Throws Pentathlon	TNMC
BRONZE	Erroll Simington	M70 800m	TNMC
BRONZE	Hylke Van Der Wal	M80 400m	UNSK

#### National Youth Championships, Sherbrooke, Quebec, August 5-7:

Bronze	Hannah Gates	U16 Triple Jump	TMSK
Bronze	Olamiposi Akinfiresoye	U18 High Jump	TMSK
Bronze	Katiana Gilbert	U18 4x100m	TMSK
Bronze	Emma Egert	U18 4x100m	TMSK
Bronze	Kendyl Dziadyk	U18 4x100m	TMSK
Bronze	Emilee Toth	U18 4x100m	TMSK

#### Canada Summer Games, Niagara, ON, August 16-20, 2022

##### **Women**

GOLD	Savannah Sutherland	400mH	STFC
GOLD	Jasmine Fehr	5000m	STFC
SILVER	Jenna McFadyen	5000m	STFC
BRONZE	Jenna McFadyen	3000mSC	STFC
BRONZE	Paige Willems	4x100m Relay	STFC
BRONZE	Kailee Woitas	4x100m Relay	UOFR
BRONZE	Kendra Farmer	4x100m Relay	RWAC
BRONZE	Selena Keyowski	4x100m Relay	STFC
BRONZE	Hannah Hagerty	4x100m Relay	UOFR
BRONZE	Ayva Delainey	Wheelchair 100m	CRTC

## SASKATCHEWAN PROGRAMS

### CHAMPIONSHIPS

#### Men

SILVER	Bradyn Giraudier	SO100m	RIVA
SILVER	Bradyn Giraudier	SO200m	RIVA
SILVER	Teddy Hudye	Para Shot Put	CRTC
BRONZE	Jonathan Podbielski	3000mSC	EXCL
BRONZE	Teddy Hudye	Para Discus	CRTC
BRONZE	Kyrell Sopoty	Wheelchair 1500m	CRTC

#### Canadian Mountain and Trail Running Championships, Vernon, BC, September 17:

Bronze	Jared Welsh	Vertical Kilometer	UNSK
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### CLINICS

This year we were able to resume our clinic program. Saskatchewan Athletics put on 35 clinics in 26 communities across the province between April and June. For reference, 32 clinics were held in 2019, 41 clinics were held in 2018, 36 clinics were held in 2017, 30 clinics were held in 2016, 26 clinics were held in 2015, and 28 clinics were held in 2014. Most clinics are held from mid-April to mid-May. Many communities want clinics to help prepare their athletes for the high school track and field season.

### COACHING

#### **Sask Athletics Web Site, Newsletter & Social Media**

Our website and SaskTrack Express newsletter continue to be our primary tools for communication with members and non-members. Anyone can subscribe to the electronic newsletter by emailing the office. We use two social media platforms; Twitter & Instagram. Both accounts use the username @SaskAthletics. We use the social media platforms for news and information. Suggestions and feedback regarding our website and social media accounts are welcomed.

#### **Coaching Development**

NCCP coaching courses were conducted in Saskatchewan this past year. This remains a priority within Coaching Development, as the knowledge gained and shared among coaches is important for the development of athletes in our province.

#### **RJTW Coach NCCP Course Delivery**

Three RJTW coaching courses were held over the past year, one in Regina, and two in Saskatoon. A total of 25 new coaches received training from these courses. Molly Yungmann facilitated the course in Regina on May 7, and Monique Coutu facilitated the two courses in Saskatoon on April 23 and on June 25.



## SASKATCHEWAN PROGRAMS

### COACHING

#### **Sport Coach NCCP Coaching Course Delivery**

Annually we seek to host at least one Sport Coach Course held in either Saskatoon or Regina. Courses are also held when a community, club, or school requests the delivery of a course. This year Saskatchewan Athletics was able to host two Sport Coach courses, both in Saskatoon.

- Harvey Weber facilitated a course at the Saskatoon Field House December 18-19, 2021 to 7 coaches.
- Harvey Weber facilitated a course at the Saskatoon Field House March 25-27, 2022 to 19 coaches.

#### **Club Coach NCCP Coaching Course Delivery**

Club Coach Courses are held on a rotational basis and on a necessity basis with some occasional cooperation from the neighboring provinces. Courses are also held when a community, club, or school requests the delivery of a course. This year Saskatchewan Athletics hosted an online Club Coach Course, held over several sessions in April and May 2022. Harvey Weber facilitated this course and it was attended by 14 coaches.

#### **Performance Coach (Competition Development) NCCP Coaching Course Delivery**

Performance Coach is delivered nationally on a needs basis by Athletics Canada and host provinces. A course was held in Calgary, Alberta, April 14-16, which was attended by Jared Welsh.

#### **Coaching Certification**

Over the past year a total of 9 coaches have achieved NCCP certification.

- 2 coaches, Jocelyn Vogt and Austin Edwards became Sport Coach Certified
- 6 coaches, Jayden Wiebe, Jared Welsh, Jared Olson, Spencer House, Ty Pederson, and Taylor McGregor became Club Coach Certified
- 1 coach, Jennifer Wood, became Performance Coach Certified

### OTHER PROGRAMS/EVENTS

#### **Aboriginal Indoor Championships**

Cancelled due to COVID-19. In place of the Aboriginal Indoor Championships a skills session was held.

#### **Spring Camp**

Spring Camp was planned for April 23 and 24 in Saskatoon. Unfortunately, due to low registration numbers, Spring Camp had to be cancelled and did not take place this year. Possible reasons for low interest are the absence of the Sask Excellence Program in 2020 and 2021, people not being aware of Spring Camp since it did not take place in 2020 and 2021, and lingering concerns about COVID-19.



## SASKATCHEWAN PROGRAMS

### OTHER PROGRAMS/EVENTS

#### **Saskatchewan Legion Camp**

Legion Camp was held in Regina from July 5<sup>th</sup> to 9<sup>th</sup>. This is the first time the camp has been held since 2019. 115 athletes attended the camp this year, compared to 167 in 2019, 127 in 2018, 113 in 2017, 123 in 2016, and 133 in 2015. Athletes had the opportunity to take part in specialty training and competitive opportunities. 25 athletes and two coaches were selected from the camp to attend the Legion U16/U18 National Championships in Sherbrooke, Quebec.

#### **National U16/U18 Championships (Legion)**

This year's championships were hosted in Sherbrooke, Quebec from August 5-7. The 25 athletes representing Team Saskatchewan were led by coaches Jayden Wiebe and Taylor McGregor. As well, 6 athletes from Riversdale Athletics competed at the Championships. Team Saskatchewan finished with a total of three medals, all bronze.

#### **SOLE-stice Classic**

As the national programming and sponsorship changed a few years ago, Sask Athletics made the decision to continue a Hershey Track & Field Replacement Meet. The meet continues to promote physical fitness and participation for Saskatchewan youth. The philosophy of the new "SOLE-stice" Classic continues to stress participation, fun, fellowship and personal development. It is aimed at athletes between the ages of 8-13 and is offered at no cost. This year marks the 24<sup>th</sup> year that Saskatchewan Athletics has been hosting a provincial program and the 6<sup>th</sup> year of the new SOLE-stice Classic. This year's provincial meet took place in Saskatoon on June 18<sup>th</sup>.

#### **Canada Summer Jobs**

We applied for funding from the Canada Summer Jobs Program to hire two summer employees to help with our summer programs and competitions. We received funding and hired Austin Edwards and Alex Webster for the summer. They were instrumental in delivering our clinics in May and June, they provided valuable assistance during the outdoor competition season, and they provided useful assistance with the day-to-day operations of the office throughout the summer. Applying for funding from the Canada Summer Jobs Program each year may provide us with additional resources to expand our offering of programs through the spring and summer.

### RUNSASK

#### **Saskatchewan Road Racing Series**

No Saskatchewan Road Racing Series took place this year.

### SUMMARY

The aim of Saskatchewan Athletics is to promote and increase visibility of the sport of athletics across the province. The following is a list of highlighted activities over the past year:

## SASKATCHEWAN PROGRAMS

### SUMMARY

- Coordinated 3 RJTW Coaching courses, two in Saskatoon, one in Regina, attended by 25 coaches
- Coordinated 2 Sport Coach courses, both in Saskatoon, attended by 26 coaches
- Coordinated 1 Club Coach course, held online, attended by 14 coaches
- Despite the absence of a Sask Excellence Program, a team of 46 U16 athletes and 48 U18 athletes competed at the Tri Province Championships, with each team finishing second
- Received funding from the Canada Summer Jobs Program to hire two summer employees to assist with programs, competitions, and day-to-day operations

#### **List of meets, activities, and professional development events:**

- PR Athletics First Chance Meet, Saskatoon – December 4, 2021
- Larmer Friendship Games, Regina – December 11, 2021
- NCCP Sport Coach Course, Saskatoon – December 18-19, 2021
- PR Athletics Twilight #1, Saskatoon – January 14, 2022
- PR Athletics Twilight #2, Saskatoon – January 28, 2022
- Regina Indoor Games, Regina – February 11-12, 2022
- PR Athletics Twilight #3, Regina – February 18, 2022
- PR Athletics Twilight #4, Regina – March 11, 2022
- NCCP Sport Coach Course, Saskatoon – March 27, 2022
- Sask ATF Skills Camp, Saskatoon – April 2-3, 2022
- NCCP RJTW Coach Course, Saskatoon – April 23, 2022
- NCCP Club Coach Course, online – May, 2022
- NCCP RJTW Coach Course, Regina – May 7, 2022
- Regina Spring Classic, Regina – May 14, 2022
- PR Athletics Twilight, Saskatoon – May 31-June 1, 2022
- SHSAA Provincial Championships, Regina – June 3-4, 2022
- Sask Trials (U16, U18, CSG), Saskatoon – June 10-12, 2022
- SOLE-stice Classic, Saskatoon – June 18, 2022
- NCCP RJTW Coach Course, Saskatoon – June 25, 2022
- Saskatchewan Legion Camp, Regina – July 5-9, 2022
- Bob Adams Provincial Championships, Saskatoon – July 15-17, 2022
- Tony Cote Summer Games, Saskatoon – July 24-29, 2022
- Canadian Masters Championships, Regina – July 29-31, 2022
- Team Saskatchewan NAIG Trials, Saskatoon – September 16-18, 2022

Saskatchewan coaches continue to do a great job in preparing athletes for success at all levels of competition. Saskatchewan athletes continue to show a high level of success by the number of medals won, new records and new personal bests set at provincial, regional, and national championships.

## SASKATCHEWAN PROGRAMS

### SUMMARY

The Future Best program supported 7 athletes in 2022. The number of athletes supported in previous years was 10 in 2021, 7 in 2020, 8 in 2019, 9 in 2018, 7 in 2017, 6 in 2016, 5 in 2015, 7 in 2014, 7 in 2013, 7 in 2012, 7 in 2011, 7 in 2010, 8 in 2010, 8 in 2009, 12 in 2008, 13 in 2007 and 2006, 12 in 2005, 9 in 2004, and 11 in 2003. The additional support allows the athletes to maximize their preparation for provincial/national/international competition.

Following multiple years of cancellations and postponements due to the COVID-19 pandemic, this year was a near-complete return to normal. The indoor track and field season was off to a rocky start with the cancelation of the Sanderson Classic, Knights of Columbus Indoor Games, and the Kinsmen Indoor Championships, and the postponement of the Canada West and U Sports Championships. In place of these cancelled meets, PR Athletics hosted a series of twilight meets to provide some competition opportunities during the indoor season. In contrast to the indoor season, the outdoor season went off without a hitch.

I look forward to this next year with optimism that the disruptions caused by the COVID-19 pandemic will be something of the past. This past year was both challenging and rewarding, having the opportunity to offer many programs for the first time since 2019. Athletes and coaches have shown no loss of motivation to continue their involvement in the sport despite the absence of programs and competitions. Development in the sport continues to be shown. The volunteer officials and meet organizers continue to provide amazing support and dedication to the sport. As an association we continue to work on improving what we offer to our clubs, athletes, coaches, officials, and volunteers.

Thank you to all the board members, staff, coaches, club members, athletes, and officials who have provided support and feedback to me during my first year as Program Coordinator. I look forward to a new year and expanding on the work that has been done this past year.

## HIGH PERFORMANCE COACH

This year has felt a bit closer to a normal Cross-Country/Track and Field season. Saskatchewan has had some amazing results this year and we continue to show the country and the world that we can have success coming from a small province.

### **Cross-Country**

The year started with Cross Country. The University of Saskatchewan hosted the Canada West Championships where the U of S women placed 3<sup>rd</sup>, the U of R women placed 7<sup>th</sup>, the U of S men placed 5<sup>th</sup> and the U of R men placed 8<sup>th</sup>. Jenna McFadyen (4<sup>th</sup> place), Kaitlyn Harrison (5<sup>th</sup> place), and Allison Grajczyk-Jelinski (8<sup>th</sup> place), all from the U of S, were named as Canada West All-Stars. Courtney Hufsmith (U of S) won the Female Student-Athlete Community Award. The university cross country season continued with the U of S women placing 5<sup>th</sup>, and the U of S men placing 13<sup>th</sup> at the USports national championships. At these championships Kaitlyn Harrison of the U of S placed 5<sup>th</sup> and was named a First-Team All Canadian. Fourteen athletes from Saskatchewan competed at the Athletics Canada National Cross-country Championships in Ottawa. Two athletes placed in the top 10, with Jonathan Podbielski (Excel) placing 9<sup>th</sup> in the U18 men's race, and Hylke Van Der Wal placing 2<sup>nd</sup> in the 80+ master men's race.

### **Indoor Track and Field**

Indoor season was also very successful for our Saskatchewan athletes. The Canadian U18/U20 National Indoor Championships took place in the brand new facility in St John, New Brunswick. Many athletes came home with hardware from this competition.

- Attleigh Maloney (Riversdale)- U18 women's 400m- 2<sup>nd</sup>
- Kendyl Dziadyk (Riversdale)- U18 women's 60mH- 1<sup>st</sup>
- Kendyl Dziadyk (Riversdale)- U18 women's LJ- 2<sup>nd</sup>
- Nathaniel Dosman (Riversdale)- U18 men's 1500m- 2<sup>nd</sup>
- Nathaniel Dosman (Riversdale)- U18 men's 3000m- 3<sup>rd</sup>
- Elizabeth Wright (Riversdale)- U20 women's 800m- 1<sup>st</sup>
- Elizabeth Wright (Riversdale)- U20 women's 1500m- 2<sup>nd</sup>
- Ainsley Clark (Riversdale)- U20 women's Long Jump- 3<sup>rd</sup>

The University season was slightly delayed because of shutdowns in the Ontario, Quebec, and the Atlantic conferences. When competitions resumed Saskatchewan athletes were ready. At the Canada West Conference Championships, the U of S women placed 1<sup>st</sup>, the U of R women placed 4<sup>th</sup>, the U of S men placed 2<sup>nd</sup>, and the U of R men placed 5<sup>th</sup>. Athletes and coaches also took home some major hardware from the meet.

- Avery Pearson (USask)- Female Rookie of the Year
- Kendra Farmer (USask)- Female Student-Athlete Community Service Award
- Jamie Epp (USask)- Assistant Coach of the Year (Female Team)
- Jason Reindl (USask)- Coach of the Year (Female Team)
- Usheoritse (Dushos) Itsekiri (URegina)- Male Performance of the Meet

## HIGH PERFORMANCE COACH

They continued on to St John, New Brunswick for the USports National Championships and continued the success. The U of S women placed 2<sup>nd</sup>, the U of R women placed 8<sup>th</sup>, the U of S men placed 4<sup>th</sup>, and the U of R men placed 14<sup>th</sup>. Again, athletes and coaches took home some major awards, and many individual medals.

- Avery Pearson (USask)- Female Rookie of the Year
- Kendra Farmer (USask)- Female Student-Athlete Community Service Award
- Jamie Epp (USask)- Assistant Coach of the Year (Female Team)
- Usheoritse (Dushos) Itsekiri (URegina)- 1<sup>st</sup> in men's 60m
- Karson Lehner (USask)- 1<sup>st</sup> in men's 300m
- Kieran Johnston (Usask)- 1<sup>st</sup> in men's Heptathlon
- Gracie Anderson (Usask)- 2<sup>nd</sup> in women's 60m
- Joely Welburn (Uregina)- 2<sup>nd</sup> in women's long jump
- Usask 2<sup>nd</sup> in women's 4x800m (Olivia Moyse, Kaitlyn Harrison, Courtney Hufsmith, Avery Pearson)
- Usask 2<sup>nd</sup> in women's 4x200m (Gracie Anderson, Ashlyn Mooney, Kendra Farmer, Paige Willems, Rebecca Barkway, Timi Adelugba)
- Usask 2<sup>nd</sup> in women's 4x400m (Ashlyn Mooney, Paige Willems, Kendra Farmer, Avery Pearson)
- Usask 2<sup>nd</sup> in men's 4x200m (Karson Lehner, Austin Edwards, Jacob Murphy, Cole Frank, Kenneth McGovern)
- Timi Adelugba (Usask)- 3<sup>rd</sup> in women's 60mH
- Avery Pearson (Usask)- 3<sup>rd</sup> in women's 600m
- Joely Welburn (Uregina)- 3<sup>rd</sup> in Women's High jump
- Brennan Degenhardt (Usask)- 3<sup>rd</sup> in men's shot put

Provincial Records (indoors):

- Women's: U20- 3 records, SR- 1 record, Master's- 11 records (2 were Canadian Records)
- Men's: U16- 1 record, U18- 1 record, U20- 2 records, SR- 1 record, Master's- 14 records

### Outdoor Track and Field

The outdoor season was very busy for most athlete's and coaches as many were trying to qualify for a mixture of events. Some were attempting to qualify for the National Championships, others for the Canada Games team, and others for international teams. Just like the previous seasons you did not have to look far to find success.

The national U20/SR championships took place in Langley, BC where Saskatchewan athletes came home with a lot of hardware.

- Jessica Frotten (Cyclones)- Women's Wheelchair 100m- 1<sup>st</sup>
- Jessica Frotten (Cyclones)- Women's Wheelchair 400m- 1<sup>st</sup>
- Jessica Frotten (Cyclones)- Women's Wheelchair 800m- 1<sup>st</sup>
- Jessica Frotten (Cyclones)- Women's Wheelchair 1500m- 1<sup>st</sup>
- Teddy Hudye (Cyclones)- Men's Seated Discus- 1<sup>st</sup>
- Teddy Hudye (Cyclones)- Men's Seated Shot Put- 1<sup>st</sup>
- Brendan Cote-Williamson (RWAC)- Men's Para 200m- 1<sup>st</sup>
- Brendan Cote-Williamson (RWAC)- Men's Para 400m- 1<sup>st</sup>

## HIGH PERFORMANCE COACH

- Shelaine Pritchard (PAA)- U20 Women's Heptathlon- 1<sup>st</sup>
- Daniella Oyenuga (STFC)- U20 Women's Long Jump- 1<sup>st</sup>
- Michelle Harrison (STFC)- SR Women's 100m Hurdles- 1<sup>st</sup>
- Savannah Sutherland (STFC)- U20 Women's 100m Hurdles- 1<sup>st</sup>
- Savannah Sutherland (STFC)- U20 Women's 400m Hurdles- 1<sup>st</sup>
- Avery Pearson (UofS)- U20 Women's 800m- 1<sup>st</sup>
- Olamide Olaloku (UofS)- U20 Women's Triple Jump- 2<sup>nd</sup>
- Solomon Petinrin (RWAC)- U20 Men's Shotput- 2<sup>nd</sup> (No medal as he is not Canadian Citizen)
- Astrid Nyame (RWAC)- SR Women's 100m Hurdles- 3<sup>rd</sup>

Many of the up-and-coming athletes had the chance to compete in Sherbrooke, QC at the U16/U18 Legion National Championships and I know we will be seeing many of these athletes on the podium in future U20/SR Nationals and Canada Games.

- Hannah Gates (Excl)- U16 Women's Triple Jump- 3<sup>rd</sup>
- U18 Women's 4x100m Team Saskatchewan- (Katiana Gilbert(STFC), Emma Egert(Una), Kendyl Dziadyk(Riv), Emilee Toth(Flight Club))- 3<sup>rd</sup>

The final provincial team for the year was the Canada Games in the Niagara region of Ontario. This is a major provincial team and I want to thank all the staff, athlete's, personal coaches, mission staff, and families for all the hard work that got put into having everyone well prepared. Again, Saskatchewan saw amazing success and our men placed 4<sup>th</sup>, and women placed 5<sup>th</sup> as a team. Individually the team came home with 12 medals, the most of any Team Sask team, as well as Team Sask's first gold medal of the games (even though athletics was in week 2), and a 1-2 finish in the women's 5000m.

- Savannah Sutherland (STFC)- Women's 400m Hurdles- 1<sup>st</sup>
- Jasmine Fehr (STFC)- Women's 5000m 1<sup>st</sup>
- Bradyn Giraudier (RIV)- Men's SO 100m- 2<sup>nd</sup>
- Bradyn Giraudier (RIV)- Men's SO 200m- 2<sup>nd</sup>
- Teddy Hudye (Cyclones)- Men's Para Shotput- 2<sup>nd</sup>
- Jenna McFadyen (STFC)- Women's 5000m- 2<sup>nd</sup>
- Jenna McFadyen (STFC)- Women's 3000m Steeplechase- 3<sup>rd</sup>
- Jonathan Podbielski (EXCL)- Men's 3000m Steeplechase- 3<sup>rd</sup>
- Teddy Hudye (Cyclones)- Men's Para Discus- 3<sup>rd</sup>
- Team Saskatchewan Women 4x100m (Paige Willems (STFC), Kailee Woitas (UofR), Kendra Farmer (RWAC), Selena Keyowski (STFC), Hannah Hagerty (UofR))- 3<sup>rd</sup>
- Ayva Delainey (Cyclones)- Women's Wheelchair 100m- 3<sup>rd</sup>
- Kyrell Sopotyik (Cyclones)- Men's Wheelchair 1500m- 3<sup>rd</sup>

Provincial Records (outdoors)

- Women's: U14- 1 record, U20- 1 record, SR- 2 records, Master's- 42 records (7 were Canadian records, and 4 were World Records)
- Men's: U18- 1 record, U20- 2 records, SR- 1 record, Master's- 8 records

## HIGH PERFORMANCE COACH

### National Teams/International Competitions

Saskatchewan athlete's and coaches also saw many opportunities to compete for Team Canada throughout the year.

- Kaitlyn Harrison (UofS)- 2022 FISU Cross Country Championships- Portugal (Qualified for team but Canada decided not to send a team)
- Jason Reindl- Coach- World U20 Head Coach & NACAC Senior (Team Coach)
- Wade Huber- Coach- NACAC Senior (Team Coach)
- Carla Nicholls- Coach- Para Head Coach Commonwealth Games
- Michelle Harrison (STFC)
  - World Indoor Championships- Belgrade, Serbia-
    - 60mH- Placed 15<sup>th</sup> in a time of 8.09
  - World Outdoor Championships- Eugene, OR
    - 100mH- Placed 14<sup>th</sup>- best time at meet- 12.74
  - Commonwealth Games- Birmingham, ENG
    - 100mH- Placed 8<sup>th</sup>
  - NACAC Senior Championships- Nassau, BAH
    - 100mH- Placed 5<sup>th</sup>
- Nicole Ostertag (STFC)- NACAC Combined Events Championships (Ottawa)
  - Heptathlon- 2<sup>nd</sup> place- 5801 points
- Jessica Frotten (Cyclones)- Commonwealth Games Para- Birmingham, ENG
  - 1500m- Placed 8<sup>th</sup>
- Julie Labach (UNA)- NACAC Senior Championships- Nassau, BAH
  - 800m- Placed 8<sup>th</sup>
- Jessica Furlan (Excl)- NACAC Senior Championships- Nassau, BAH
  - 3000m SC- Placed 6<sup>th</sup>
- Savannah Sutherland (STFC)- World U20 Championships- Cali, CO
  - 400mH- Placed 42<sup>nd</sup> (fell over 10<sup>th</sup> hurdle in heats)
- Avery Pearson (UofS)- World U20 Championships- Cali, CO
  - 800m- Placed 28<sup>th</sup> (was in most tactical heat- broke U20 provincial record (2:05.48) to qualify for meet)
- Brendan Cote-Williamson (RWAC)- World Para Athletics Grand Prix- Dubai
  - 100m- T47- 5<sup>th</sup>- 12.17sec
  - 400m- 4<sup>th</sup> in combined T45/T46/T47- 53.97sec

### Coaches

Athletics Canada also created a coach mentorship program for 2022 where national level coaches (Provincial team/Canada Summer games coaches or coaches working with athletes at a national level) are paired with a mentor coach (more experienced coach). Our province had two mentor, and two mentee coaches for the first year of the program

- Jason Reindl (Mentor Coach)
- Carla Nicholls (Mentor Coach)
- Jen Wood (Mentee Coach)- paired with Carla Nicholls
- Mitch Gardiner (Mentee Coach)- paired with Gerry Dragomir



## HIGH PERFORMANCE COACH

### **CAPP (Canadian Athletics Performance Pathway)/AAP (Athlete Assistance Program)**

In 2022 Saskatchewan had 4 athletes obtain a performance high enough to be named to both the CAPP, and the AAP program. These programs greatly help our highest performance athlete's get the assistance they need to keep performing at this level.

- Julie Labach – Developmental
- Scott Joseph- Developmental
- Savannah Sutherland- NCAA Developmental
- Jessica Frotten- Senior

### **Athlete Assistance**

Saskatchewan Athletics gave out Athlete Assistance funding to 18 athletes in the 2022 season. Ten of these athletes obtained the Tier 1 standard, and 8 obtained the Tier 2 standard.

This first year as the provincial High-Performance coach has been a steep learning curve. I have tried to help bring some resources to our development athlete's and coaches to help them move up on the high-performance pathway. One of these resources has been the Sport Medicine and Science Speaker series; this was a multi part online series developed for the Sask Athletics membership to enhance knowledge in Sport Medicine and Science which will hopefully lead to healthier athletes, and increase performance in the sport of athletics, or whatever sport the athletes end up pursuing. The ultimate goal is to help our current high-performance athletes on their journey, but also to give the resources/know how to our developmental athlete's and coaches on where to begin the pursuit of their journey. A key part of this is to help our province's amazing coaches ensure they have what they need to help any and every athlete.