

# **2024 Regina Indoor Games**

Regina Sportsplex

1717 Elphinstone Street

Regina, Saskatchewan

February 9 & 10, 2024

Sponsored by: Excel Athletika

Sanctioned by: Saskatchewan Athletics

## **1. Entry Fees**

Individual Events: First event: \$25.00

Second event: \$25.00

Additional events: \$20.00 per event.

Triathlon: \$30.00

## **2. Eligibility**

Saskatchewan athletes must be registered with Saskatchewan Athletics before the competition.

Out-of-province athletes must be registered with the sports governing body in their province.

Saskatchewan athletes may obtain a membership by:

1. E-mail: <https://www.saskathletics.ca/> or
2. Phone: Saskatchewan Athletics @ 306-664-6744 or
3. Writing to: Saskatchewan Athletics  
2020 College Drive  
Saskatoon, Saskatchewan S7N 2W4

## **3. Entry Deadline:** 6:00 PM CST, Monday, February 5, 2024

**Entries:** All entries **MUST** be made online using the **Trackie registration system.**

Payment must be made online when registering.

## **4. Trackie Registration:** Please paste the following URL into your browser:

<https://www.trackie.com/event/2024-regina-indoor-games/1003229/>

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

Direct inquiries to:

[jflangen@sasktel.net](mailto:jflangen@sasktel.net)

or

(306) 550-7080

## **5. Bib Pick-up:** Regina Sportsplex

1717 Elphinstone Street

4:00 P.M., Friday, February 9, 2024 First Event: 5:00 P.M.

8:00 A.M., Saturday, February 10, 2024 First Event: 9:00 A.M.

## 6. Age Classes

- U12: Under 12 as of Dec. 31, 2024 (born in 2013 or later)
- U14: Under 14 as of Dec. 31, 2024 (born in 2011 or 2012)
- U16: Under 16 as of Dec. 31, 2024 (born in 2009 or 2010)
- U18: Under 18 as of Dec. 31, 2024 (born in 2007 or 2008)
- U20: Under 20 as of Dec. 31, 2024 (born in 2005 or 2006)
- Senior: 20 and older as of Dec. 31, 2024 (born 2004 or earlier)
- Masters: 35 & over as of the first day of the meet.

## 7. Scratches

Please report scratches in lane races to the meet office as soon as possible.

## 8. 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 which may be forfeited if the protest is disallowed.

## 9. Meet Hotel: Royal Hotel Regina

4025 Albert Street, Regina, Sask. S4S 3R6

To book online, e-mail: [reservations.rhr@royalhotelgroup.ca](mailto:reservations.rhr@royalhotelgroup.ca)

Quote "Excel Athletika" till January 10.

Book Direct: (306) 586-6755 Toll-free: 1-800-853-1181

## 10. Awards: Gold, Silver and Bronze Regina Indoor medallions.

## 11. Event Registration:

**Triathlon:** Do **NOT** enter both triathlon events. Choose either Speed **OR** Endurance.

**Triathlon Speed:** 60 metres, long jump, shot put

**Triathlon Endurance:** 600m(U12)/800m(U14), long jump, shot put

**Please ensure that the spelling of your athlete names and club names are identical to those in the Sask Athletics database.** If you are not sure, get a copy of your information from Laura at Sask Athletics at 306-664-6744.

## 12. Tentative Schedule of Events: Please remember that times are **subject to change** based on the number of entries received.

## Friday, February 9

<b>Track</b>			<b>Field</b>		
5:00pm	U12 Girls	4x100m	5:00pm	U16 Boys	Long Jump
	U12 Boys	4x100m		U20 & Sr. Women	Shot Put
	U14 Girls	4x100m		U18 Girls	Shot Put
	U14 Boys	4x100m			
	U16 Girls	4x100m			
	U16 Boys	4x100m			
5:30pm	U20 & Sr Men	60mH	5:30pm	U16 Girls	Pole Vault
	U18 Boys	60mH		U18 Girls	Pole Vault
	U16 Boys	60mH		Masters W & M	Pole Vault
	U20 & Sr. Women	60mH		U12 Boys	High Jump
	U18 Girls	60mH		U12 Girls	High Jump
	U16 Girls	60mH			
	U14 Girls	60mH			
	U14 Boys	60mH			
	Masters M & W	60mH			

### Supper Break

7:00pm	U20 & Sr Men	60mH	7:00pm	U20 & Sr. Men	Shot Put
	U18 Boys	60mH		U14 Girls	High Jump
	U16 Boys	60mH		U20 & Sr. Men	Long Jump
	U20 & Sr. Women	60mH		U20 & Sr. Women	Pole Vault
	U18 Girls	60mH			
	U16 Girls	60mH			
	U14 Girls	60mH			
	U14 Boys	60mH			
	Masters M & W	60mH			
7:30pm	U12 Girls	1000m	8:00pm	U14 Boys	High Jump
	U12 Boys	1000m		Masters W & M	High Jump
	U14 Girls	1200m		U20 & Sr. Women	Long Jump
	U14 Boys	1200m			
	U16 Girls	1200m			
	U16 Boys	1200m			
8:30pm	U18 Girls	1500m	8:45pm	U16 Girls	High Jump
	U18 Boys	1500m		U16 Girls	Shot Put
	U20 & Sr. Women	1500m		Masters M&W	Shot Put
	U20 & Sr. Men	1500m			
	Masters M & W	1500m			
9:00pm	U16 Girls	200m			

U16 Boys	200m
U18 Girls	200m
U18 Boys	200m
U20 & Sr Women	200m
U20 & Sr. Men	200m
Masters W & M	200m

### Saturday, February 10

Track			Field		
9:00am	U16 Girls	60m	9:00am	U18 Girls	Weight Throw
	U16 Boys	60m		Masters M & W	Weight Throw
	Masters W & M	60m		U20 & Sr. Women	Weight Throw
	U18 Girls	60m		U16 Girls	Long Jump
	U18 Boys	60m		Masters W & M	Long Jump
	U20 & Sr. Women	60m		U18 Girls	High Jump
	U20 & Sr. Men	60m		U12 Girls	Long Jump - Triathlon
	Sr. Women	60m Spec O		U20 & Sr. Men	Pole Vault
	Sr. Men	60m Spec O		U16 Men	Pole Vault
10:00am	U16 Girls	800m		U18 Men	Pole Vault
	U16 Boys	800m	9:45am	U18 Boys	Weight Throw
	U18 Girls	800m		U20 & Sr Men	Weight Throw
	U18 Boys	800m	10:00am	U12 Boys	Long Jump - Triathlon
	U20 & Sr Women	800m		U20 & Sr. Women	High Jump
	U20 & Sr. Men	800m			
	Masters W & M	800m	10:30am	U12 Girls	Shot Put - Triathlon
11:00am	U16 Girls	60m	11:00am	U14 Girls	Long Jump - Triathlon
	U16 Boys	60m		U16 Girls	Long Jump - Triathlon
	Masters W & M	60m		U14 Boys	Long Jump - Triathlon
	U18 Girls	60m		U16 Boys	Long Jump - Triathlon
	U18 Boys	60m		U20 & Sr. Men	High Jump
	U20 & Sr. Women	60m	11:30am	Sr. Women	Shot Put - Special O
	U20 & Sr. Men	60m		Sr. Men	Shot Put - Special O

### Lunch Break

1:00pm	U12 Girls	60m - Triathlon	1:00pm	U18 Boys	High Jump
	U12 Boys	60m - Triathlon		Sr. Women	Long Jump - Special O
1:10pm	U12 Girls	600m - Triathlon		Sr. Men	Long Jump - Special O
	U12 Girls	600m			
1:20pm	U12 Boys	600m - Triathlon			

	U12 Boys	600m	1:15pm	U12 Boys	Shot Put - Triathlon
	Sr. Women	200m Special O			
	Sr. Men	200m Special O			
1:40pm	U18 Girls	400m			
	U18 Boys	400m			
	U20 & Sr. Men	400m	1:45pm	U14 Girls	Shot Put - Triathlon
	U20 & Sr. Women	400m		U16 Girls	Shot Put - Triathlon
	Masters M & W	400m		U16 Boys	High Jump
2:00pm	U12 Girls	150m	2:00pm	U18 Boys	Long Jump
	U12 Boys	150m			
	U14 Girls	150m			
	U14 Boys	150m			
2:20pm	U16 Girls	300m			
	U16 Boys	300m			
2:30pm	U18 Girls	400m	2:30pm	U14 Boys	Shot Put - Triathlon
	U18 Boys	400m		U16 Boys	Shot Put - Triathlon
	U20 & Sr. Women	400m			
	U20 & Sr. Men	400m			
	Sr. Women	400m Special O			
	Sr. Men	400m Special O			
2:45pm	U16 Girls	2000m	3:00pm	U18 Girls	Long Jump
	U16 Boys	2000m			
3:05pm	U18 Girls	3000m			
	Masters W & M	3000m			
3:15pm	U14 Girls	60m - Triathlon	3:15pm	U18 Boys	Shot Put
	U14 Boys	60m - Triathlon			
	U16 Girls	60m - Triathlon			
	U16 Boys	60m - Triathlon			
	U14 Girls	800m - Triathlon			
	U14 Girls	800m			
	U14 Boys	800m - Triathlon			
	U14 Boys	800m			
	U20 & Sr. Women	3000m			
	U18 Boys	3000m			
	U20 & Sr. Men	3000m			
4:00pm	U18 Girls	4x100m	4:00pm	U16 Boys	Shot Put
	U18 Boys	4x100m			
	U20 & Sr. Women	4x100m			
		4x100m			
	U20 & Sr. Men				

Do **NOT** enter both triathlon events. Choose either Speed **OR** Endurance.