

2025 Regina Indoor Games

Regina Sportsplex
1717 Elphinstone Street
Regina, Saskatchewan
February 7 & 8, 2025

Sponsored by: Excel Athletika
Sanctioned by: Saskatchewan Athletics

1. Entry Fees

Individual Events: First event: \$30.00
Second event: \$30.00
Third event: \$30.00
Additional events: \$25.00 per event.
Triathlon: \$40.00

- 2. Eligibility:** Saskatchewan athletes must be registered with Saskatchewan Athletics prior to the competition. Out-of-province athletes must be registered with the sports governing body in their province. Saskatchewan athletes can purchase a membership at:

<https://athleticsreg.ca/#/memberships/saskatchewan-athletics-2025-membership>

- 3. Entry Deadline:** 6:00 PM CST, Monday, February 3, 2025

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

<https://www.trackie.com/event/2025-regina-indoor-games/1018119/>

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

Direct inquiries to: jflangen@sasktel.net

or

(306) 550-7080

- 5. Bib Pick-up:** Regina Sportsplex
1717 Elphinstone Street
4:00 P.M., Friday, February 7, 2025 First Event: 5:00 P.M.
8:00 A.M., Saturday, February 8, 2025 First Event: 9:00 A.M.

6. Age Classes

1. U12: Under 12 as of Dec. 31, 2025 (born in 2014 or later)
2. U14: Under 14 as of Dec. 31, 2025 (born in 2012 or 2013)
3. U16: Under 16 as of Dec. 31, 2025 (born in 2010 or 2011)
4. U18: Under 18 as of Dec. 31, 2025 (born in 2008 or 2009)

5. U20: Under 20 as of Dec. 31, 2025 (born in 2006 or 2007)
6. Senior: 20 and older as of Dec. 31, 2025 (born in 2005 or earlier)
7. Masters: 35 & over as of the first day of the meet.
8. Special O: 12 & over as of the first day of the meet.
9. Para: 15 & 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

Quote "Excel Athletika" till Friday, 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

Triathlon Endurance athletes use the division codes T12E and T14E

Please ensure that the spelling of your athlete names and club names are identical to those in the Sask Athletics database. If you are unsure, get a copy of your information from Laura at Sask Athletics at 306-664-6744.

If athletes wish to compete under a team affiliation, the team must be registered in the PSGB database (Sask. Athletics for Sask. athletes).

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

Friday, February 7

Track			Field		
5:00pm	60mH - Heats		5:00pm	U16 Boys	Long Jump
				U20 & Sr. W	Shot Put
				U18 Girls	Shot Put
				U20 & Sr. M	Long Jump
5:30pm	4 x 100m		5:30pm	U16 Girls	Pole Vault
				U18 Girls	Pole Vault
				Ma W & M	Pole Vault
				U12 Boys	High Jump
				U12 Girls	High Jump
Supper Break					
7:00pm	60mH - Finals		7:00pm	U20 & Sr. M	Shot Put
7:30pm	U12 Girls	1000m		U14 Girls	High Jump
	U12 Boys	1000m		U18 Boys	Long Jump
	U14 Girls	1200m		U16 & U18 G	Triple Jump
	U14 Boys	1200m		U20 & Sr. W	Pole Vault
	U16 Girls	1200m			
	U16 Boys	1200m	8:00pm	U14 Boys	High Jump
8:30pm	U18 Girls	1500m		Ma W & M	High Jump
	U18 Boys	1500m		U20 & Sr. W	Triple Jump
	U20 & Sr. Women	1500m			
	U20 & Sr. Men	1500m			
	Ma M & W	1500m			
9:00pm	U16 Girls	200m	8:45pm	U16 Girls	High Jump
	U16 Boys	200m		U16 Girls	Shot Put
	U18 Girls	200m		Ma M&W	Shot Put
	U18 Boys	200m			
	U20 & Sr Women	200m			
	U20 & Sr. Men	200m			
	Ma W & M	200m			

Saturday, February 8

Track			Field		
9:00am	U16 Girls	60m	9:00am	U14, U16 G	Weight Throw
	U16 Boys	60m		U18 Girls	Weight Throw
	Ma W & M	60m		Ma M & W	Weight Throw
	U18 Girls	60m		U20 & Sr. W	Weight Throw
	U18 Boys	60m		U16 Girls	Long Jump
	U20 & Sr. W	60m		Ma W & M	Long Jump
	U20 & Sr. M	60m		U18 Girls	High Jump
	Special O - W	60m Spec O		U12 Girls	Long Jump - Triathlon
	Special O - M	60m Spec O		U20 & Sr. M	Pole Vault
10:00am	U16 Girls	800m		U16 Men	Pole Vault
	U16 Boys	800m		U18 Men	Pole Vault
	U18 Girls	800m	9:45am	U14, U16 B	Weight Throw
	U18 Boys	800m		U18 Boys	Weight Throw
	U20 & Sr W	800m		U20 & Sr Men	Weight Throw
	U20 & Sr. M	800m	10:00am	U12 Boys	Long Jump - Triathlon
	Ma W & M	800m		U20 & Sr. W	High Jump
11:00am	U16 Girls	60m			
	U16 Boys	60m	10:30am	U12 Girls	Shot Put - Triathlon
	Ma W & M	60m	11:00am	U14 Girls	Long Jump - Triathlon
	U18 Girls	60m		U14 Boys	Long Jump - Triathlon
	U18 Boys	60m		U20 & Sr. M	High Jump
	U20 & Sr. W	60m		U18 Girls	Long Jump
	U20 & Sr. M	60m	11:30am	Special O - W	Shot Put
				Special O - M	Shot Put
Lunch Break					
1:00pm	U12 Girls	60m - Triathlon			
	U12 Boys	60m - Triathlon			
1:10pm	U12 Girls	600m - Triathlon	1:00pm	U18 Boys	High Jump
	U12 Girls	600m		Special O - M	Long Jump
1:20pm	U12 Boys	600m - Triathlon		Special O - W	Long Jump
	U12 Boys	600m		U20 & Sr. W	Long Jump
	Special O - W	200m			
	Special O - M	200m	1:15pm	U12 Boys	Shot Put - Triathlon
1:40pm	U18 Girls				
	U18 Boys	400m			
	U20 & Sr. Men	400m			
	U20 & Sr. Women	400m			

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

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