



2026 REGINA SPRING CLASSIC

Canada Games Athletic Complex
3025 McDonald Street
Regina, Saskatchewan

May 8th and 9th, 2026

SANCTIONED BY SASKATCHEWAN ATHLETICS

1. The right to reject any entry is reserved.
2. All details are subject to change based on event entries, overall meet requirements, and public health orders.
3. Entries close **11:59 PM on Friday, May 1st, 2026**. Entries will only be accepted via the online registration site Trackie.

Registration link - <https://www.trackie.com/event/regina-spring-classic/1035931/>

4. Meet Director:

Rob Wilson
meetmanager@excelathletika.ca
(306) 812-7031

5. **Late entries will not be accepted.**

6. Entry fees are as follows:

- a. \$35.00 per event.
- b. \$20.00 per U12 event.
- c. \$70.00 Multi Events

7. All competitors must hold a FULL Saskatchewan Athletics or another provincial branch membership. Day passes will not be accepted.

<https://athleticsreg.ca/#!/memberships/saskatchewan-athletics-2026-membership>

8. Club Packages can be picked up at the entrance to the track. A competitor table will be set up to retrieve bibs for all clubs and individual entries.
9. Gate will be charged \$5.00 per day. This does not include athletes, coaches, officials and volunteers.
10. AWARDS: Medals will be presented to the top three finishers in each event.
11. WARM UP – When you are warming up, please be aware of your surroundings as there are other athletes also warming up. By entering the track area, you are assuming the risks and responsibilities of being in the area.
12. All Saskatchewan Athletics Hurdle and Throws specifications will be followed.
13. Spike length for the track is 6mm Christmas tree or pyramid. No needle pin spikes.
14. Athletes SHOULD compete in their own age class.

15. Regina Indoor Games Official Event Offerings – All ages are based on year of birth as of December 31st, 2026.

	U12	U14	U16	U18	U20	SEN	MAS	W/C
60m	X							
80m		X						
100m			X	X	X	X	X	X
150m	X	X						
200m			X	X	X	X	X	
300m			X					
400m				X	X	X	X	X
600m	X							
800m		X	X	X	X	X	X	
1000m	X							
1200m		X	X					
1500m				X	X	X	X	
2000m			X					
3000M				X	X	X		
80mh			X					
100mh			X	X	X	X	X	
110mh				X	X	X		
LJ	X	X	X	X	X	X	X	
TJ			X	X	X	X	X	
HJ		X	X	X	X	X	X	
PV			X	X	X	X	X	
SP	X	X	X	X	X	X	X	X
HT			X	X	X	X	X	
Javelin			X	X	X	X	X	X
Discus			X	X	X	X	X	X
4x100	X	X	X	X	X	X		
PENT			X					
HEP				X	X	X		
DEC				X	X	X		

- **Relays:** 4 x 100 clubs compete in age category only. **DO NOT ENTER RELAYS AS INDIVIDUALS . RELAY TEAMS ARE TO BE ENTERED BY CLUB COACHES.**
- **Horizontal Jumps:** U12 will be three (3) jumps only, floating board. U14, U16, U18, U20, Senior and Masters will utilize flights (based on entries), with the top 8 athletes in that age category receiving three (3) additional jumps.
- **Vertical Jumps:** Pole Vault runway will open 60 minutes prior to the start time noted in the final schedule.

- **Throws:**
 - Shot Put: U12 will be (3) throws only. U14, U16, U18, U20, Senior and Masters will all get three throws, with the top 8 athletes in that age category receiving three (3) additional throws.
 - Discus: U16/U18/U20/Senior and Masters will all get three throws, with the top 8 athletes in that age category receiving three additional throws. Based on entries some categories may be combined.
 - Javelin: U16/U18/U20/Senior and Masters will all get three throws, with the top 8 athletes in that age category receiving three additional throws. Based on entries some categories may be combined.
 - Hammer Throw: U16/U18/U20/Senior and Masters will all get three throws, with the top 8 athletes in that age category receiving three additional throws. Based on entries some categories may be combined.
 - Seated Throws: Discus, Shot Put and Javelin will be offered. All seated throwers will get three throws, with the top 8 athletes in the category receiving three additional throws.
- Timed finals will be run from fastest sections first to slowest sections last.
- U14 80m, and all 100m will be run as heats, with top 1 from each heat advancing to the final along with next fastest times.
- Please be sure to look at tentative schedule and do not enter in multiple events that are scheduled to occur at the same time. Events will not be delayed or adjusted. If you are in high jump and leave to complete another event, the bar will not be lowered upon return. If you are in long jump and miss the round, you will not be given an additional jump.
- Pentathlon is offered for U16 Girls and Boys, and Senior. (80h/100h, SP, LJ, HJ, 800/1000m). All events will run Saturday, May 9th, 2026.
- Heptathlon is offered for U18/U20/Senior Women. Friday May 8th (100h, HJ, SP, 200m), Saturday May 9th (LJ, Javelin, 800m).
- Decathlon is offered for U18/U20/Senior Men. Friday May 8th (100m, LJ, SP, HJ, 400m), Saturday May 9th (110h, Discus, PV, Javelin, 1500m).

U16 Girls Heptathlon

	Hurdles	High Jump	Shot Put	Long Jump	800m
U16 Girls	80m (.76m)	X	3kg	X	X

U16 Boys Heptathlon

	Hurdles	Long Jump	Shot Put	High Jump	1000m
U16 Girls	100m (.84m)	X	4kg	X	X

U18/U20/Senior Women's Heptathlon

	1 st Day	Hurdles	High Jump	Shot Put	200m	2 nd Day	Long Jump	Javelin	800m
Senior Women		100m (.84m)	X	4kg	X		X	600g	X
U20 Women		100m (.84m)	X	4kg	X		X	600g	X
U18 Women		100m (.76m)	X	3kg	X		X	500g	X

U18/U20/Senior Men's Decathlon

	1 st Day	100m	Long Jump	Shot Put	High Jump	400m	2 nd Day	Hurdles	Discus	Pole Vault	Javelin	1500m
Senior Men		X	X	16lb	X	X		110m (1.07m)	2kg	X	800g	X
U20 Men		X	X	6kg	X	X		110m (.99m)	1.75kg	X	800g	X
U18 Men		X	X	5kg	X	X		110m (.91m)	1.5kg	X	700g	X

- **FINAL SCHEDULE will be published on Tuesday, May 5th, 2026.**
- **Tentative schedule noted attached and subject to change based on final entry numbers**