TECHNICAL PACKAGE

Saturday, December 5, 2026 · Regina Field House · Regina, Saskatchewan

Meet information

Date	Saturday, December 5, 2026
Venue	Regina Field House, Regina Sportsplex, 1717 Elphinstone Street, Regina
Host	Excel Athletika Track and Field Club
Sanction	Saskatchewan Athletics
Bib pickup	From 8:00 a.m. at the Registration Desk
First event	9:00 a.m.
Timing	Fully automatic timing (FinishLynx) provided by Calgary Track Council
Entries open	November 10, 2026 on Trackie.Reg Regina Friendship Games
Entry deadline	Friday, November 27, 2026, 10:00 p.m. CST
Late entry deadline	Sunday, November 29, 2026, 12:00 p.m. (noon), $75 per event
Final schedule	Posted Wednesday, December 2, 2026
Spectator entry fee	Children under 12, volunteers, athletes, and coaches are free. Everyone else is $10, which helps cover the costs of running a track meet. Cash or card accepted at the door.
Meet Manager	Amy Bates, manager@excelathletika.ca, 306-513-5427

HOSTED BY

SANCTIONED BY

Excel Athletika gratefully acknowledges the support of Sask Lotteries through Saskatchewan Athletics' Membership Assistance Program.

Eligibility

Every athlete needs a current Athletics Canada membership, bought through their provincial association. Saskatchewan athletes register with Saskatchewan Athletics; athletes from other provinces register with their own.

Saskatchewan athletes can buy a membership here: Saskatchewan Athletics membership.

Entries and fees

All entries go through TrackieReg, and payment is made online when you enter. We don't accept entries by email or on meet day.

The deadline is **Friday, November 27, 2026, at 10:00 p.m. CST**. Missed it? Late entries are accepted until **Sunday, November 29, 2026, at 12:00 p.m. (noon)**, at a premium to cover the extra work of adding them after entries close.

Seed marks. Enter a recent time or mark for each event. No mark or seed time yet? Enter NT (no time) and we'll place the athlete.

U12 triathlon. One entry covers all three events.

Fee	Amount
First, second and third events	$35 each
Each additional event	$25
U12 triathlon (60m, long jump, shot put)	$40
Late entry (closes Sunday, November 29, noon)	$75 per event, subject to acceptance
Officials' recognition*	$10 per athlete (not per event)

Officials' recognition.* Every official at this meet is a volunteer. This fee funds an honorarium for each Saskatchewan Athletics official who works the day, with any balance helping to cover officials' meals and travel.

No refunds.

Age categories

Categories are based on age on December 31, 2026.

Category	U12	U14	U16	U18	U20	Senior	Masters
Born	2015 or later	2013–2014	2011–2012	2009–2010	2007–2008	2006 or earlier	35+ on meet day

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Events

Category	Track	Field
U12	Triathlon 60m; 600m (optional)	Triathlon long jump and shot put
U14	60m, 200m, 300m, 800m, 1200m	Long jump, high jump, shot put, weight throw
U16+	60m, 200m, 300m, 800m, 1500m, 60m hurdles	Long jump, high jump, pole vault, shot put, weight throw

U12 triathlon is three events – 60m, long jump and shot put – entered as one package. The **U12 600m** is a separate, optional race open to any U12, entered on its own.

Overlapping events. Athletes with overlapping events must speak to the field official before leaving. The official will explain whether the order of attempts can be adjusted and when the athlete must return.

Schedule

The final schedule is posted on Wednesday, December 2.

On meet day

Bib pickup. From 8:00 a.m. at the Registration Desk. Coaches pick up their club's packages; unattached athletes pick up their own.

Marshalling. Check in 30 minutes before your event: on the infield for races, at the event site for field events.

Warm-up. Track athletes warm up along the south side of the track. Field athletes warm up in the field, as directed. Pay attention to what's happening around you, on the track and on the field. Before crossing the track, be sure it is safe to do so and you are allowed. Cross only in designated spots.

Scratches. Report scratches to the meet office as soon as possible, especially for races.

Spikes. Maximum 6 mm pyramid spikes. No needle or Christmas-tree spikes.

Results. Live results are posted as each event finishes. Official results go to Saskatchewan Athletics and Athletics Canada within two days of the meet.

Awards. Medals for the top three in each event and age category, including each triathlon event.

Protests. Submit in writing to the meet office within 30 minutes of the official posting of results, with a $50 deposit. The deposit is returned if the protest is upheld.

First aid. A first-aid-certified attendant and a medical kit are on site all day on the east side, near the weight machines. A defibrillator (AED) is in the hall near the Field House desk.

Safe Sport. In an emergency, call 911. Raise concerns on the day with the Meet Manager or meet referees. To report abuse or harassment confidentially, use Sask Sport's independent service at sk.itpsport.ca or call 1-888-329-4009.

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New to track? Start here

If this is your first meet, this section is intended to help explain how a track meet unfolds!

What is a tech package?

It's the rules and initial schedule for the meet, which outlines eligibility, entries, fees, the initial, tentative schedule.

Does my athlete need a 'membership'?

Yes. Every athlete needs a current membership with their provincial athletics association, which is through Saskatchewan Athletics for Saskatchewan athletes. This provides insurance, and ensures results are officially recorded.

What do U14, U12 and the rest mean?

Under age 14, under age 12, and so on. Categories are by birth year, not birthday. Find your athlete's birth year in the age table.

How do we enter?

On TrackieReg. Create an account, find the Regina Friendship Games, choose events, add a seed time or mark if you have one for each, and pay. Not sure which events? **Ask your coach.** For a first meet, two or three events is plenty.

What's a seed time or mark?

Your athlete's best recent time or distance in that event. It puts them in a race with athletes of similar speed, and helps officials plan high jump and pole vault. Never done the event? Leave it blank or put NT (No Time).

What's a section?

A race with many entries is split into groups called *sections*. Places come from times across every section, so winning a section doesn't always mean winning the event.

What happens at bib pickup?

Coaches usually collect their club's bibs. Pin the bib on the front of the shirt with four safety pins. If hip numbers are being used, athletes will be given their hip number and instructions as they marshal in for their event. The sticker goes on the side of the shorts or leg that faces the finish line.

What's marshalling in?

Athletes check in before an event, typically about 30 minutes prior to its start. Miss it, and your athlete may miss the event. Questions about where to marshal in? Ask your coach, listen to the announcers, or check with the registration desk.

How do field events work?

Athletes compete in a group called a flight and take turns. In long jump and throws, each athlete gets a set number of attempts and the best one counts. In high jump and pole vault, the bar goes up in steps and athletes may pass a height. Three misses in a row and they're done; the best height cleared counts.

What if two events overlap?

It happens all the time. Athletes with overlapping events must speak to the field official before leaving. The official will explain whether the order of attempts can be adjusted and when the athlete must return.

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Are the times exact?

No. Each time shows when the first race or first attempt in that group starts. Arrive early and be warmed up before the posted time. Check the final schedule on December 2.

Does my athlete need spikes?

No. Running shoes are fine for a first meet.

What should we bring?

A water bottle, snacks, layers, extra safety pins, and something to do between events. $10 entry fee for spectators (under 12, volunteers, officials, coaches, and athletes free). This helps cover the costs of hosting a track and field meet. Cash or card at the door.

Where do we watch?

From the stands. The infield is for athletes, coaches and officials only.

Who are the people in uniforms?

Officials. They're trained volunteers, and the meet can't happen without them. Curious? Officials 101 is offered free online, doesn't take long, and you don't need to know anything about track and field to take it.

What do the results mean?

You'll see	It means
PB	Personal best
SB	Season best
NT	No time (entered without a seed mark)
NM	No mark (no valid attempt in a field event)
NH	No height (no height cleared in high jump or pole vault)
DNS	Did not start
DNF	Did not finish
DQ	Disqualified (a rule was broken, such as a false start)

See you on December 5.

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