**LARMER FRIENDSHIP GAMES**

REGINA SPORTSPLEX

1717 Elphinstone Street

Regina, Saskatchewan

Saturday, December 8, 2018

Sponsored by: Excel Athletika

Sanctioned by: Saskatchewan Athletics

1. **Entry Fee**: First event: $25.00

Second event: $25.00

Additional events: $20.00 per event

Triathlon: $35.00

Late entry fee: $50.00 per event.

Cheques and money orders should be made payable to:

## Excel Athletika

2. **Eligibility**: Athletes competing in the meet must obtain an Athletics Canada card prior to the competition. Saskatchewan athletes may obtain a card by writing to:

Saskatchewan Athletics

2020 College Drive

Saskatoon, Saskatchewan

S7N 2W4

Day passes, valid for only the specific meet for which they were purchased, are available at the meet office.

1. **Age Classes**:

Senior: 20 and older as of Dec. 31, 2018 (born 1998 or earlier)

Junior: Under 20 as of Dec. 31, 2018 (born 1999 – 2000)

Youth: Under 18 as of Dec. 31, 2018 (born 2001 - 2002)Midget: Under 16 as of Dec. 31, 2018 (born 2003 - 2004)

Bantam: Under 14 as of Dec. 31, 2018 (born 2005 – 2006)Pee Wee: Under 12 as of Dec. 31, 2018 (born 2007 or later)

Masters: 35 years and older as of the day of the meet

1. **Awards**: Ribbons to the top three finishers in each event including finishers in each individual triathlon event.
2. **Entries**: Entries must be made using the event codes attached. Accurate seed times are useful to place athletes in the appropriate section. Athletes without seed times are placed the slowest sections.

### Manual Entry Deadline: 6:00 P.M., Friday, November 30, 2018

Teams submitting entries with **Hy-Tek’s Team Manager or Trackie** may use a deadline extension until 9:00 P.M., Monday, December 3, 2018. Teams with more than five or six entries should be using Team Manager to submit their entries. If you need assistance using Team Manager, please give me a call.

Send entries to:

James Langen

744 Dalgliesh Drive

Regina, Saskatchewan

S4R 6G2

E-mail: [jflangen@sasktel.net](mailto:jflangen@sasktel.net) jflangen@sasktel.net(preferred)

Home: (306) 545-7759

Fax #: (306) 543-3104

**All faxed and e-mailed entries will be confirmed by return e-mail.**

6. **Registration**: Regina Fieldhouse

1:00 P.M., Saturday, December 8, 2018

First Event: 2:00 P.M.

1. **Tentative Schedule of Events**:

The final schedule will be **e-mailed** to all clubs and individual athletes registered with the meet on Wednesday, December 5, 2018. Please ensure an active e-mail address is included with your entry form.

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Track** |  |  | **Long Jump/Triple Jump** | | |
| 2:00 | PW & Bant 4 x 100 | | 2:10 | Bantam Girls and Boys Triathlon | | |
| 2:15 | Jr & Sr Women 60m Heats | | 3:30 | Pee Wee Girls and Boys Triathlon | | | |
| 2:20 | Jr & Sr Men 60m Heats | | 4:30 | Mid., Youth, Jr., Sr., Masters Men | | | |
| 2:15 | Midget Girls 60m | | 6:30 | Mid, Youth, Jr., Sr., Masters Women | | | |
| 2:20 | Midget Boys 60m | | 7:30 | Triple Jump - All | |
| 2:25 | Youth Girls 60m | |  |  |  |
| 2:30 | Youth Boys 60m | |  |  |  |
| 2:45 | Masters 60m | |  | **High Jump/Pole Vault** | | |
| 2:50 | Sr Women 60m Final | | 2:00 | Mid., Youth, Jr., Sr., Women | | |
| 2:55 | Sr Men 60m Final | | 3:00 | Mid., Youth Men | |
| 3:05 | Men and Women 3Km | | 3:45 | Jr., Sr., Men | |
| 3:35 | Sr. Men 60mH-Heats | | 4:30 | Pole Vault - All | |
| 3:45 | Jr. Men 60mH | | 6:30 | P.W. & Bantam Boys and Girls | | |
| 3:55 | Youth Men 60mH | |  |  |  |
| 4:05 | Jr. & Sr. Women 60mH-Heats | |  | **Weight Throw/Shot Put** | | |
| 4:10 | Midget Men 60mH | | 2:00 | Weight Throw - All | |
| 4:20 | Midget Girls 60mH | | 3:15 | Bantam Boys & Girls Triathlon | | |
| 4:25 | Youth Girls 60mH | | 4:15 | Mid., Youth, Jr., Sr., Masters Women | | | |
| 4:35 | Bantam Girls and Boys 60mH | | 5:00 | Pee Wee Boys & Girls Triathlon | | | |
| 4:50 | Sr. Men 60mH-Final | | 7:00 | Mid., Youth, Jr., Sr., Masters Men | | | |
| 5:00 | Sr. Women 60mH-Final | |  |  |  |
| 5:05 | Sr. Women 600m | |  |  |  |
| 5:10 | Sr. Men 600m | |  |  |  |
| 5:15 | Masters & Midget Girls 800m | |  |  |  |
| 5:25 | Bant. Girls & Boys Triathlon 800m | |  |  |  |
| 5:35 | Bant. Girls & Boys Triathlon 60m | |  |  |  |
| **5:45** | **Supper Break** | |  |  |  |
| 6:30 | Midget Boys 800m | |  |  |  |
| 6:40 | Youth Girls 800m | |  |  |  |
| 6:50 | Youth Boys 800m | |  |  |  |
| 7:00 | Jr. & Sr. Women 800m | |  |  |  |
| 7:10 | Jr. & Sr. Men 800m | |  |  |  |
| 7:15 | PW Girls & Boys Triathlon 60m | |  |  |  |  |  |
| 7:25 | PW Girls & Boys Triathlon 600m | |  |  |  |  |  |
| 7:30 | Midget Girls 200m | |  |  |  |
| 7:35 | Midget Boys 200m | |  |  |  |
| 7:40 | Youth Girls 200m | |  |  |  |
| 7:45 | Youth Boys 200m | |  |  |  |
| 7:50 | Jr. & Sr. Women 200m | |  |  |  |
| 7:55 | Jr. & Sr. Men 200m | |  |  |  |
| 8:00 | Masters 200m | |  |  |  |
| 8:10 | PW Girls & Boys 1000m | |  |  |  |
| 8:20 | Bant. Girls & Boys 1200m | |  |  |  |
| 8:30 | Mid. Girls & Boys 1200m | |  |  |  |
| 8:40 | Masters & Youth Girls 1500m | |  |  |  |
| 8:50 | Youth Boys 1500m | |  |  |  |
| 9:00 | Jr. & Sr. Women 1500m | |  |  |  |
| 9:10 | Jr. & Sr. Men 1500m | |  |  |  |
| 9:20 | Sprint Medley Relays (200-100-100-400) | | |  |  |
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1. **Multiple Events**:

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

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| **Triathlon** **Endurance**: 600/800 metres, long jump, shot put  **9. Events:**  Please use event codes when making your entries. **Please insure that your athlete names are identical**  **to those in the Sask Athletics database.** If you are not sure, get a copy of your database from Janine  at Sask Athletics.   |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | **Event #** | **Event Name** | **Event #** | **Event Name** | |  | 1 | Girls 14-15 60 Meter Dash U16 | 34 | Boys 10-11 600 Meter Run U12 | |  | 2 | Boys 14-15 60 Meter Dash U16 | 35 | Men 20-34 600 Meter Run Senior | |  | 3 | Girls 16-17 60 Meter Dash U18 | 36 | Women 20-34 600 Meter Run Senior | |  | 4 | Boys 16-17 60 Meter Dash U18 | 37 | Girls 12-13 800 Meter Run U14 | |  | 5 | Women 18-19 60 Meter Dash U20 | 38 | Boys 12-13 800 Meter Run U14 | |  | 6 | Men 18-19 60 Meter Dash U20 | 39 | Girls 14-15 800 Meter Run U16 | |  | 7 | Women 20-34 60 Meter Dash Senior | 40 | Boys 14-15 800 Meter Run U16 | |  | 8 | Men 20-34 60 Meter Dash Senior | 41 | Girls 16-17 800 Meter Run U18 | |  | 9 | Women 35-99 60 Meter Dash Masters | 42 | Boys 16-17 800 Meter Run U18 | |  | 10 | Men 35-99 60 Meter Dash Masters | 43 | Women 18-19 800 Meter Run U20 | |  | 11 | Girls 14-15 200 Meter Dash U16 | 44 | Men 18-19 800 Meter Run U20 | |  | 12 | Boys 14-15 200 Meter Dash U16 | 45 | Women 20-34 800 Meter Run Senior | |  | 13 | Girls 16-17 200 Meter Dash U18 | 46 | Men 20-34 800 Meter Run Senior | |  | 14 | Boys 16-17 200 Meter Dash U18 | 47 | Women 35-99 800 Meter Run Masters | |  | 15 | Women 18-19 200 Meter Dash U20 | 48 | Men 35-99 800 Meter Run Masters | |  | 16 | Men 18-19 200 Meter Dash U20 | 49 | Girls 6-11 1000 Meter Run U12 | |  | 17 | Women 20-34 200 Meter Dash Senior | 50 | Boys 6-11 1000 Meter Run U12 | |  | 18 | Men 20-34 200 Meter Dash Senior | 51 | Girls 12-13 1200 Meter Run U14 | |  | 19 | Women 35-99 200 Meter Dash Masters | 52 | Boys 12-13 1200 Meter Run U14 | |  | 20 | Men 35-99 200 Meter Dash Masters | 53 | Girls 14-15 1200 Meter Run U16 | |  | 21 | Girls 12-13 60 Meter Hurdles .76m U14 | 54 | Boys 14-15 1200 Meter Run U16 | |  | 22 | Boys 12-13 60 Meter Hurdles .76m U14 | 55 | Girls 16-17 1500 Meter Run U18 | |  | 23 | Girls 14-15 60 Meter Hurdles .76m U16 | 56 | Boys 16-17 1500 Meter Run U18 | |  | 24 | Boys 14-15 60 Meter Hurdles .84m U16 | 57 | Women 18-19 1500 Meter Run U20 | |  | 25 | Girls 16-17 60 Meter Hurdles .76m U18 | 58 | Men 18-19 1500 Meter Run U20 | |  | 26 | Boys 16-17 60 Meter Hurdles .91m U18 | 59 | Women 20-34 1500 Meter Run Senior | |  | 27 | Mixed 18-19 60 Meter Hurdles .84m U20 | 60 | Men 20-34 1500 Meter Run Senior | |  | 28 | Men 18-19 60 Meter Hurdles .99m U20 | 61 | Women 35-99 1500 Meter Run Masters | |  | 29 | Women 20-34 60 Meter Hurdles .84m Senior | 62 | Men 35-99 1500 Meter Run Masters | |  | 30 | Men 20-34 60 Meter Hurdles 1.07m Senior | 63 | Women 20-34 3000 Meter Run Senior | |  | 31 | Women 35-99 60 Meter Hurdles Masters | 64 | Men 20-34 3000 Meter Run Senior | |  | 32 | Men 34-99 60 Meter Hurdles Masters | 65 | Girls 6-11 High Jump U12 | |  | 33 | Girls 10-11 600 Meter Run U12 | 66 | Boys 6-11 High Jump U12 | |  | **Event #** | **Event Name** | **Event #** | **Event Name** | |  | 67 | Girls 12-13 High Jump U14 | 106 | Men 20-34 Pole Vault Senior | |  | 68 | Boys 12-13 High Jump U14 | 107 | Women 35-99 Pole Vault Masters | |  | 69 | Girls 14-15 High Jump U16 | 108 | Men 35-99 Pole Vault Masters | |  | 70 | Boys 14-15 High Jump U16 | 109 | Girls 14-15 Shot Put 3kg U16 | |  | 71 | Girls 16-17 High Jump U18 | 110 | Boys 14-15 Shot Put 4kg U16 | |  | 72 | Boys 16-17 High Jump U18 | 111 | Girls 16-17 Shot Put 3kg U18 | |  | 73 | Women 18-19 High Jump U20 | 112 | Boys 16-17 Shot Put 5kg U18 | |  | 74 | Men 18-19 High Jump U20 | 113 | Women 18-19 Shot Put 4kg U20 | |  | 75 | Women 20-34 High Jump Senior | 114 | Men 18-19 Shot Put 6kg U20 | |  | 76 | Men 20-34 High Jump Senior | 115 | Women 20-34 Shot Put 4kg Senior | |  | 77 | Women 35-99 High Jump Masters | 116 | Men 20-34 Shot Put 7.26kg Senior | |  | 78 | Men 35-99 High Jump Masters | 117 | Women 35-99 Shot Put Masters | |  | 79 | Girls 14-15 Long Jump U16 | 118 | Men 35-99 Shot Put Masters | |  | 80 | Boys 14-15 Long Jump U16 | 119 | Girls 16-17 Weight Throw 16lb U18 | |  | 81 | Girls 16-17 Long Jump U18 | 120 | Boys 16-17 Weight Throw 20lb U18 | |  | 82 | Boys 16-17 Long Jump U18 | 121 | Women 18-19 Weight Throw 20lb U20 | |  | 83 | Women 18-19 Long Jump U20 | 122 | Men 18-19 Weight Throw 35lb U20 | |  | 84 | Men 18-19 Long Jump U20 | 123 | Women 20-34 Weight Throw 20lb Senior | |  | 85 | Women 20-34 Long Jump Senior | 124 | Men 20-34 Weight Throw 35lb Senior | |  | 86 | Men 20-34 Long Jump Senior | 125 | Women 35-99 Weight Throw Masters | |  | 87 | Women 35-99 Long Jump Masters | 126 | Men 35-99 Weight Throw Masters | |  | 88 | Men 35-99 Long Jump Masters | 127 | Girls 6-11 Triathlon Speed U12 | |  | 89 | Girls 14-15 Triple Jump U16 | 128 | Boys 6-11 Triathlon Speed U12 | |  | 90 | Boys 14-15 Triple Jump U16 | 129 | Girls 12-13 Triathlon Speed U14 | |  | 91 | Girls 16-17 Triple Jump U18 | 130 | Boys 12-13 Triathlon Speed U14 | |  | 92 | Boys 16-17 Triple Jump U18 | 131 | Girls 6-11 Triathlon Endurance U12 | |  | 93 | Women 18-19 Triple Jump U20 | 132 | Boys 6-11 Triathlon Endurance U12 | |  | 94 | Men 18-19 Triple Jump U20 | 133 | Girls 12-13 Triathlon Endurance U14 | |  | 95 | Women 20-34 Triple Jump Senior | 134 | Boys 12-13 Triathlon Endurance U14 | |  | 96 | Men 20-34 Triple Jump Senior | 135 | Mixed 10-11 4x100 Meter Relay U12 | |  | 97 | Women 35-99 Triple Jump Masters | 136 | Mixed 12-13 4x100 Meter Relay U14 | |  | 98 | Men 35-99 Triple Jump Masters | 137 | Girls 10-11 800 Sprint Medley U12 | |  | 99 | Girls 14-15 Pole Vault U16 | 138 | Boys 10-11 800 Sprint Medley U12 | |  | 100 | Boys 14-15 Pole Vault U16 | 139 | Girls 12-13 800 Sprint Medley U14 | |  | 101 | Girls 16-17 Pole Vault U18 | 140 | Boys 12-13 800 Sprint Medley U14 | |  | 102 | Boys 16-17 Pole Vault U18 | 141 | Girls 14-15 800 Sprint Medley U16 | |  | 103 | Women 18-19 Pole Vault U20 | 142 | Boys 14-15 800 Sprint Medley U16 | |  | 104 | Men 18-19 Pole Vault U20 | 143 | Girls 16-17 800 Sprint Medley U18 | |  | 105 | Women 20-34 Pole Vault Senior | 144 | Boys 16-17 800 Sprint Medley U18 | |  |  |  |  |  |  |  |  |

**REGINA FRIENDSHIP GAMES**REGINA SPORTSPLEX1717 Elphinstone Street

# Regina, SaskatchewanSaturday, December 8, 2018

**CLUB \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CITY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_POSTAL CODE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**COACH'S NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TELEPHONE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**E-MAIL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Total Entry Fee Enclosed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mail entries to: James Langen

744 Dalgliesh Drive

Regina, Saskatchewan

S4R 6G2

Fax #: (306) 543-3104

Home: (306) 545-7759

E-mail: [jflangen@sasktel.net](mailto:jflangen@sasktel.net)

**LARMAR FRIENDSHIP GAMES**

**MEET ENTRY FORM**

Team Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Abbreviation (4letters)\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AGE/ Event # Event # Event # Event #

LAST NAME, FIRST NAME YOB Mark Mark Mark Mark

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