**2019 Regina Indoor Games**

Regina Sportsplex

1717 Elphinstone Street

Regina, Saskatchewan

February 8 & 9, 2019

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.

Entry fee for the Triathlon and Pentathlon will be $35.00 per athlete.

Late entry fee in all individual events will be $50.00 per event. Late entry fee for Triathlon and

Pentathlon competitors will be $50.00 per athlete.

Cheques and money orders should be made payable to:

#### Excel Athletika

1. **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 may obtain a card by writing to:

Saskatchewan Athletics

2020 College Drive

Saskatoon, Saskatchewan

S7N 2W4

Sask Athletics reigtration forms will be available at the meet office during the meet.

Day passes, valid for only the specific meet for which they were purchased, will be available at the meet office. Please **do** **not** send day pass fees with your meet entry fees. They must be paid separately to **Saskatchewan Athletics**.

1. **Age Classes**

* Senior: 20 and older as of Dec. 31, 2019 (born 1999 or earlier)
* U20: Under 20 as of Dec. 31, 2019 (born in 2000 or 2001)
* U18: Under 18 as of Dec. 31, 2019 (born in 2002 or 2003)
* U16: Under 16 as of Dec. 31, 2019 (born in 2004 or 2005)
* U14: Under 14 as of Dec. 31, 2019 (born in 2006 or 2007)
* U12: Under 12 as of Dec. 31, 2019 (born in 2008 or later)
* Masters: 35 & over as of the day of the event.

1. **Scratches**

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

1. **Late Entries**

Late entries will only be accommodated if space is available in the event. As well, late entries should be made one hour prior to the event start time especially in lane races.

1. **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 is forfeited if the protest is disallowed.

1. **Entry Deadline**

The entry deadline for the meet is:

###### Friday, February 1, 2019

### All teams with more than six entries should use Hy-Tek Team Manager to submit their entries.

### Hy-Tek Team Manager Lite can be downloaded free of charge from:

[www.hy-tekltd.com/downloads.html](http://www.hy-tekltd.com/downloads.html)

### Teams submitting entries with Hy-Tek’s Team Manager may use a deadline extension until Monday, February 4, 2019.

### All entries after 11:59 pm, Monday, February 4 will be considered late entries.

All entries submitted with an e-mail address will be confirmed by return e-mail.

Return completed forms to:

James Langen

744 Dalgliesh Drive

Regina, Saskatchewan

S4R 6G2

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

Fax #: 306 543-3104

1. **Meet Hotel:**

**Wyndham by Wingate**

1700 Broad Street

1-800-228-1000

1-306-584-7400

**Room Rate**: $109.00/night plus taxes. Registration deadline: January 9, 2019

1. **Registration:** Regina Sportsplex

1717 Elphinstone Street

4:00 P.M., Friday, February 8, 2019 First Event: 5:00 P.M.

8:00 A.M., Saturday, February 9, 2019 First Event: 9:00 A.M.

1. **Awards**

Gold, Silver and Bronze medallions.

1. **Schedule of Events (tentative):** Please remember that times are **subject to change** based on the number of entries received.

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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  | **Friday, February 8** | | |  |  | |  |  |  |  |  |  |  | |  | **Track** |  |  |  | **Field** |  | | 5:00pm | U12 Girls | 4x100m |  | 5:00pm | U16 Boys | Long Jump | |  | U12 Boys | 4x100m |  |  | U18 Boys | Long Jump | |  | U14 Girls | 4x100m |  |  | U16 Girls | Shot Put | |  | U14 Boys | 4x100m |  |  | Masters M&W | Shot Put | |  | 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 |  |  |  |  | |  | U12 Boys | 1000m |  |  |  |  | |  | U14 Girls | 1200m |  | 8:00pm | U14 Boys | High Jump | |  | U14 Boys | 1200m |  |  | Masters W & M | High Jump | |  | U16 Girls | 1200m |  |  | U20 & Sr. Women | Long Jump | |  | U16 Boys | 1200m |  |  | U20 & Sr. Women | Shot Put | | 8:30pm | U18 Girls | 1500m |  |  | U18 Girls | Shot Put | |  | U18 Boys | 1500m |  | 8:45pm | U16 Girls | High Jump | |  | U20 & Sr. Women | 1500m |  |  |  |  | |  | 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 9** | | |  |  | |  |  |  |  |  |  |  | |  | **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 |  |  | U18 Girls | Long Jump | |  | U20 & Sr. Men | 800m |  |  | U20 & Sr. Women | High Jump | |  | 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 |  |  | U16 Girls | Triple Jump | | 1:10pm | U12 Girls | 600m - Triathlon |  |  | U12 Boys | Shot Put - Triathlon | |  | U12 Girls | 600m |  |  | Sr. Women | Long Jump - Special O | | 1:20pm | U12 Boys | 600m - Triathlon |  |  | Sr. Men | Long Jump - Special O | |  | U12 Boys | 600m |  |  |  |  | |  | 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 | |  |  |  |  |  | U18 Girls | Triple Jump | | 2:00pm | U12 Girls | 150m |  |  | U20 & Sr. Women | Triple 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 |  |  | U18 Boys | Triple Jump | |  | U20 & Sr. Men | 400m |  |  | U20 & Sr. Men | Triple Jump | |  | Sr. Women | 400m Special O |  |  | U16 Boys | Triple Jump | |  | Sr. Men | 400m Special O |  |  | Masters M & W | Triple Jump | | 2:45pm | U16 Girls | 2000m |  |  |  |  | |  | 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 |  |  | U18 Boys | High Jump | |  | 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 |  |  |  |  | |  | U20 & Sr. Men | 4x100m |  |  |  |  | |  |  |  |  |  |

1. **Events**: Please take note of the following:

* Speed triathlon events consist of the 60 metres, Long Jump and Shot Put.
* Endurance triathlon events consist of the 600/800 metres, Long Jump and Shot Put.
* Blocks are allowed for Bantam athletes but are not mandatory.
* **DO NOT ENTER ATHLETES IN BOTH THE SPEED AND ENDURANCE TRIATHLON EVENTS!**

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| **Event #** | | **Event Name** | | **Event #** | | **Event Name** | |
| 1 | | Girls 14-15 60 Meter Dash U16 | | 32 | | Men 20-34 400 Meter Dash Senior | |
| 2 | | Boys 14-15 60 Meter Dash U16 | | 33 | | Women 35-99 400 Meter Dash Masters | |
| 3 | | Girls 16-17 60 Meter Dash U18 | | 34 | | Men 35-99 400 Meter Dash Masters | |
| 4 | | Boys 16-17 60 Meter Dash U18 | | 35 | | Girls 10-11 600 Meter Run U 12 | |
| 5 | | Women 18-19 60 Meter Dash U20 | | 36 | | Boys 10-11 600 Meter Run U 12 | |
| 6 | | Men 18-19 60 Meter Dash U20 | | 37 | | Girls 12-13 800 Meter Run U14 | |
| 7 | | Women 20-34 60 Meter Dash Senior | | 38 | | Boys 12-13 800 Meter Run U14 | |
| 8 | | Men 20-34 60 Meter Dash Senior | | 39 | | Girls 14-15 800 Meter Run U16 | |
| 9 | | Women 35-99 60 Meter Dash Masters | | 40 | | Boys 14-15 800 Meter Run U16 | |
| 10 | | Men 35-99 60 Meter Dash Masters | | 41 | | Girls 16-17 800 Meter Run U18 | |
| 11 | | Girls 10-11 150 Meter Dash U 12 | | 42 | | Boys 16-17 800 Meter Run U18 | |
| 12 | | Boys 10-11 150 Meter Dash U 12 | | 43 | | Women 18-19 800 Meter Run U20 | |
| 13 | | Girls 12-13 150 Meter Dash U14 | | 44 | | Men 18-19 800 Meter Run U20 | |
| 14 | | Boys 12-13 150 Meter Dash U14 | | 45 | | Women 20-34 800 Meter Run Senior | |
| 15 | | Girls 14-15 200 Meter Dash U16 | | 46 | | Men 20-34 800 Meter Run Senior | |
| 16 | | Boys 14-15 200 Meter Dash U16 | | 47 | | Women 35-99 800 Meter Run Masters | |
| 17 | | Girls 16-17 200 Meter Dash U18 | | 48 | | Men 35-99 800 Meter Run Masters | |
| 18 | | Boys 16-17 200 Meter Dash U18 | | 49 | | Girls 10-11 1000 Meter Run U 12 | |
| 19 | | Women 18-19 200 Meter Dash U20 | | 50 | | Boys 10-11 1000 Meter Run U 12 | |
| 20 | | Men 18-19 200 Meter Dash U20 | | 51 | | Girls 12-13 1200 Meter Run U14 | |
| 21 | | Women 20-34 200 Meter Dash Senior | | 52 | | Boys 12-13 1200 Meter Run U14 | |
| 22 | | Men 20-34 200 Meter Dash Senior | | 53 | | Girls 14-15 1200 Meter Run U16 | |
| 23 | | Women 35-99 200 Meter Dash Masters | | 54 | | Boys 14-15 1200 Meter Run U16 | |
| 24 | | Men 35-99 200 Meter Dash Masters | | 55 | | Girls 16-17 1500 Meter Run U18 | |
| 25 | | Girls 14-15 300 Meter Dash U16 | | 56 | | Boys 16-17 1500 Meter Run U18 | |
| 26 | | Boys 14-15 300 Meter Dash U16 | | 57 | | Women 18-19 1500 Meter Run U20 | |
| 27 | | Girls 16-17 400 Meter Dash U18 | | 58 | | Men 18-19 1500 Meter Run U20 | |
| 28 | | Boys 16-17 400 Meter Dash U18 | | 59 | | Women 20-34 1500 Meter Run Senior | |
| 29 | | Women 18-19 400 Meter Dash U20 | | 60 | | Men 20-34 1500 Meter Run Senior | |
| 30 | | Men 18-19 400 Meter Dash U20 | | 61 | | Women 35-99 1500 Meter Run Masters | |
| 31 | | Women 20-34 400 Meter Dash Senior | | 62 | | Men 35-99 1500 Meter Run Masters | |
| **Event #** | | **Event Name** | | **Event #** | | **Event Name** | |
| 63 | | Girls 14-15 2000 Meter Run U16 | | 108 | | Men 35-99 Pole Vault Masters | |
| 64 | | Boys 14-15 2000 Meter Run U16 | | 109 | | Girls 14-15 Long Jump U16 | |
| 65 | | Girls 16-17 3000 Meter Run U18 | | 110 | | Boys 14-15 Long Jump U16 | |
| 66 | | Boys 16-17 3000 Meter Run U18 | | 111 | | Girls 16-17 Long Jump U18 | |
| 67 | | Women 18-19 3000 Meter Run U20 | | 112 | | Boys 16-17 Long Jump U18 | |
| 68 | | Men 18-19 3000 Meter Run U20 | | 113 | | Women 18-19 Long Jump U20 | |
| 69 | | Women 20-34 3000 Meter Run Senior | | 114 | | Men 18-19 Long Jump U20 | |
| 70 | | Men 20-34 3000 Meter Run Senior | | 115 | | Women 20-34 Long Jump Senior | |
| 71 | | Women 35-99 3000 Meter Run Masters | | 116 | | Men 20-34 Long Jump Senior | |
| 72 | | Men 35-99 3000 Meter Run Masters | | 117 | | Women 35-99 Long Jump Masters | |
| 73 | | Girls 12-13 60 Meter Hurdles .76m U14 | | 118 | | Men 35-99 Long Jump Masters | |
| 74 | | Boys 12-13 60 Meter Hurdles .76m U14 | | 119 | | Girls 14-15 Triple Jump U16 | |
| 75 | | Girls 14-15 60 Meter Hurdles .76m U16 | | 120 | | Boys 14-15 Triple Jump U16 | |
| 76 | | Boys 14-15 60 Meter Hurdles .84m U16 | | 121 | | Girls 16-17 Triple Jump U18 | |
| 77 | | Girls 16-17 60 Meter Hurdles .76m U18 | | 122 | | Boys 16-17 Triple Jump U18 | |
| 78 | | Boys 16-17 60 Meter Hurdles .91m U18 | | 123 | | Women 18-19 Triple Jump U20 | |
| 79 | | Women 18-19 60 Meter Hurdles .84m U20 | | 124 | | Men 18-19 Triple Jump U20 | |
| 80 | | Men 18-19 60 Meter Hurdles .99m U20 | | 125 | | Women 20-34 Triple Jump Senior | |
| 81 | | Women 20-34 60 Meter Hurdles .84m Senior | | 126 | | Men 20-34 Triple Jump Senior | |
| 82 | | Men 20-34 60 Meter Hurdles 1.07m Senior | | 127 | | Women 35-99 Triple Jump Masters | |
| 83 | | Women 35-99 60 Meter Hurdles Masters | | 128 | | Men 35-99 Triple Jump Masters | |
| 84 | | Men 35-99 60 Meter Hurdles Masters | | 129 | | Girls 14-15 Shot Put 3kg U16 | |
| 85 | | Girls 10-11 High Jump U 12 | | 130 | | Boys 14-15 Shot Put 4kg U16 | |
| 86 | | Boys 10-11 High Jump U 12 | | 131 | | Girls 16-17 Shot Put 3kg U18 | |
| 87 | | Girls 12-13 High Jump U14 | | 132 | | Boys 16-17 Shot Put 5kg U18 | |
| 88 | | Boys 12-13 High Jump U14 | | 133 | | Women 18-19 Shot Put 4kg U20 | |
| 89 | | Girls 14-15 High Jump U16 | | 134 | | Men 18-19 Shot Put 6kg U20 | |
| 90 | | Boys 14-15 High Jump U16 | | 135 | | Women 20-34 Shot Put 4kg Senior | |
| 91 | | Girls 16-17 High Jump U18 | | 136 | | Men 20-34 Shot Put 7.26kg Senior | |
| 92 | | Boys 16-17 High Jump U18 | | 137 | | Women 35-99 Shot Put Masters | |
| 93 | | Women 18-19 High Jump U20 | | 138 | | Men 35-99 Shot Put Masters | |
| 94 | | Men 18-19 High Jump U20 | | 139 | | Girls 16-17 Weight Throw 16lb U18 | |
| 95 | | Women 20-34 High Jump Senior | | 140 | | Boys 16-17 Weight Throw 20lb U18 | |
| 96 | | Men 20-34 High Jump Senior | | 141 | | Women 18-19 Weight Throw 20lb U20 | |
| 97 | | Women 35-99 High Jump Masters | | 142 | | Men 18-19 Weight Throw 25lb U20 | |
| 98 | | Men 35-99 High Jump Masters | | 143 | | Women 20-34 Weight Throw 20lb Senior | |
| 99 | | Girls 14-15 Pole Vault U16 | | 144 | | Men 20-34 Weight Throw 35lb Senior | |
| 100 | | Boys 14-15 Pole Vault U16 | | 145 | | Women 35-99 Weight Throw Masters | |
| 101 | | Girls 16-17 Pole Vault U18 | | 146 | | Men 35-99 Weight Throw Masters | |
| 102 | | Boys 16-17 Pole Vault U18 | | 147 | | Girls 10-11 Triathlon Speed U 12 | |
| 103 | | Women 18-19 Pole Vault U20 | | 148 | | Boys 10-11 Triathlon Speed U 12 | |
| 104 | | Men 18-19 Pole Vault U20 | | 149 | | Girls 12-13 Triathlon Speed U14 | |
| 105 | | Women 20-34 Pole Vault Senior | | 150 | | Boys 12-13 Triathlon Speed U14 | |
| 106 | | Men 20-34 Pole Vault Senior | | 151 | | Girls 14-15 Triathlon Speed U16 | |
| 107 | | Women 35-99 Pole Vault Masters | | 152 | | Boys 14-15 Triathlon Speed U16 | |
| **Event #** | | **Event Name** | | **Event #** | | **Event Name** | |
| 153 | | Girls 10-11 Triathlon Endurance U 12 | | 168 | | Men 18-19 4x100 Meter Relay U20 | |
| 154 | | Boys 10-11 Triathlon Endurance U 12 | | 169 | | Women 20-34 4x100 Meter Relay Senior | |
| 155 | | Girls 12-13 Triathlon Endurance U14 | | 170 | | Men 20-34 4x100 Meter Relay Senior | |
| 156 | | Boys 12-13 Triathlon Endurance U14 | | 171 | | Women 35-99 4x100 Meter Relay Masters | |
| 157 | | Women 20-34 Indoor Pentathlon Senior | | 172 | | Men 35-99 4x100 Meter Relay Masters | |
| 158 | | Men 20-34 Indoor Pentathlon Senior | | 173 | | Women 20-34 60 Meter Dash Special O Senior | |
| 159 | | Girls 10-11 4x100 Meter Relay U 12 | | 174 | | Men 20-34 60 Meter Dash Special O Senior | |
| 160 | | Boys 10-11 4x100 Meter Relay U 12 | | 175 | | Women 20-34 200 Meter Dash Special O Senior | |
| 161 | | Girls 12-13 4x100 Meter Relay U14 | | 176 | | Men 20-34 200 Meter Dash Special O Senior | |
| 162 | | Boys 12-13 4x100 Meter Relay U14 | | 177 | | Women 20-34 400 Meter Dash Special O Senior | |
| 163 | | Girls 14-15 4x100 Meter Relay U16 | | 178 | | Men 20-34 400 Meter Dash Special O Senior | |
| 164 | | Boys 14-15 4x100 Meter Relay U16 | | 179 | | Women 20-34 Long Jump Special O Senior | |
| 165 | | Girls 16-17 4x100 Meter Relay U18 | | 180 | | Men 20-34 Long Jump Special O Senior | |
| 166 | | Boys 16-17 4x100 Meter Relay U18 | | 181 | | Women 20-34 Shot Put Special O Senior | |
| 167 | | Women 18-19 4x100 Meter Relay U20 | | 182 | | Men 20-34 Shot Put Special O Senior | |

**2019 Regina Indoor Games**

Regina Sportsplex

Regina, Saskatchewan

February 8 & 9, 2019

**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)

**Entry Deadline: Friday, February 1, 2019**

**2019 Regina Indoor Games**

**February 8 & 9, 2019**

**MEET ENTRY FORM**

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

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

AGE/ Event # Event # Event # Event #

LAST NAME, FIRST NAME YEAR Mark Mark Mark Mark

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