

LARMER FRIENDSHIP GAMES

REGINA SPORTSPLEX
1717 Elphinstone Street
Regina, Saskatchewan
Saturday, December 7, 2019

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: \$40.00
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 Saskatchewan Athletics (same as Athletics Canada) number 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.

- 3. Age Classes:**

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

- 4. Awards:** Ribbons to the top three finishers in each event including finishers in each individual triathlon event.

- 5. Entry Deadline:** 6:00 PM, Monday, December 2, 2019

Entries: All teams **MUST** submit entries with either **Hy-Tek's Team Manager** or **Trackie**. **Team Manager entries will be confirmed by return e-mail.**

Entries will not be accepted from e-mails.

Teams using Team Manager **MUST** insure that **ALL** entries from their team are made through Team Manager. If you cannot guarantee that all entries are made with Team Manager, you must use Trackie as your registration method. This is because there is no method to separate Trackie entries from TM once they are imported into Meet Manager.

Direct inquiries to:

jflangen@sasktel.net

or

(306) 545-7759 or (306) 550-7080

6. **Registration:** Regina Fieldhouse
1:00 P.M., Saturday, December 7, 2019
First Event: 2:00 P.M.

7. **Tentative Schedule of Events:**

The final schedule will be posted on the Excel Athletika and Sask Athletics website on Wednesday, December 4, 2019.

<u>Track</u>	<u>Long Jump/Triple Jump</u>
2:00 U12 & U14 4x100	2:10 U14 Girls and Boys Triathlon
2:15 U20 & Sr Women 60m Heats	3:30 U12 Girls and Boys Triathlon
2:25 U20 & Sr Men 60m Heats	4:30 U16, U18, U20, Sr., Masters Men
2:35 U16 Girls 60m	6:30 U16, U18, U20, Sr., Masters Women
2:40 U16 Boys 60m	7:30 Triple Jump - All
2:45 U18 Girls 60m	
2:50 U18 Boys 60m	<u>High Jump/Pole Vault</u>
2:55 Masters 60m	2:00 U16, U18, U20, Sr., Women
3:00 U20 & Sr Women 60m Final	3:00 U16, U18 Men
3:05 U20 & Sr Men 60m Final	3:45 U20, Sr., Men
3:10 Men and Women 3Km	4:45 Masters Men & Women
3:30 U20 & Sr. Men 60mH-Heats	5:30 U12 Boys and Girls
3:40 U18 Men 60mH	6:30 U14 Boys and Girls
3:45 U20 & Sr. Women 60mH-Heats	
3:50 U16 Boys 60mH	<u>Weight Throw/Shot Put</u>
4:00 U16 Girls 60mH	2:10 U12 Boys & Girls Triathlon
4:05 U18 Girls 60mH	3:15 U16, U18, U20, Sr., Masters Women
4:10 U14 Girls and Boys 60mH	4:15 U14 Boys & Girls Triathlon
4:15 Sr. Men 60mH-Final	5:00 U16, U18, U20, Sr., Masters Men

4:25	Sr. Women 60mH-Final	7:00	Weight Throw - All
4:30	Sr. Women 600m		
4:35	Sr. Men 600m		
4:40	Masters & U16 Girls 800m		
4:45	U14 Girls & Boys Triathlon 800m		
4:55	U14 Girls & Boys Triathlon 60m		
5:00	Supper Break		
6:00	U16 Boys 800m		
6:05	U18 Girls 800m		
6:10	U18 Boys 800m		
6:15	U20 & Sr. Women 800m		
6:20	U20 & Sr. Men 800m		
6:25	U12 Girls & Boys Triathlon 600m		
6:35	U12 Girls & Boys Triathlon 60m		
6:40	U16 Girls 200m		
6:45	U16 Boys 200m		
6:50	U18 Girls 200m		
6:55	U18 Boys 200m		
7:00	U20 & Sr. Women 200m		
7:05	U20 & Sr. Men 200m		
7:10	Masters Women & Men 200m		
7:15	U12 Girls & Boys 1000m		
7:25	U14 Girls & Boys 1200m		
7:35	U16 Girls & Boys 1200m		
7:45	Masters & U18 Girls 1500m		
7:55	U18 Boys 1500m		
8:05	U20 & Sr. Women 1500m		
8:15	U20 & Sr. Men 1500m		
8:20	Sprint Medley Relays (200-100-100-400)		

8. 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

Please insure that your athlete names and clubs are identical with those in the Sask Athletics database. If you are not sure, get a copy of your database from Laura at Sask Athletics.

EVENTS

Event #	Event Name	Event #	Event Name
1	Girls 14-15 60 Meter Dash U16	43	Women 18-19 800 Meter Run U20
2	Boys 14-15 60 Meter Dash U16	44	Men 18-19 800 Meter Run U20
3	Girls 16-17 60 Meter Dash U18	45	Women 20-34 800 Meter Run Senior
4	Boys 16-17 60 Meter Dash U18	46	Men 20-34 800 Meter Run Senior
5	Women 18-19 60 Meter Dash U20	47	Women 35-99 800 Meter Run Masters
6	Men 18-19 60 Meter Dash U20	48	Men 35-99 800 Meter Run Masters
7	Women 20-34 60 Meter Dash Senior	49	Girls 6-11 1000 Meter Run U12
8	Men 20-34 60 Meter Dash Senior	50	Boys 6-11 1000 Meter Run U12
9	Women 35-99 60 Meter Dash Masters	51	Girls 12-13 1200 Meter Run U14
10	Men 35-99 60 Meter Dash Masters	52	Boys 12-13 1200 Meter Run U14
11	Girls 14-15 200 Meter Dash U16	53	Girls 14-15 1200 Meter Run U16
12	Boys 14-15 200 Meter Dash U16	54	Boys 14-15 1200 Meter Run U16
13	Girls 16-17 200 Meter Dash U18	55	Girls 16-17 1500 Meter Run U18
14	Boys 16-17 200 Meter Dash U18	56	Boys 16-17 1500 Meter Run U18
15	Women 18-19 200 Meter Dash U20	57	Women 18-19 1500 Meter Run U20
16	Men 18-19 200 Meter Dash U20	58	Men 18-19 1500 Meter Run U20
17	Women 20-34 200 Meter Dash Senior	59	Women 20-34 1500 Meter Run Senior
18	Men 20-34 200 Meter Dash Senior	60	Men 20-34 1500 Meter Run Senior
19	Women 35-99 200 Meter Dash Masters	61	Women 35-99 1500 Meter Run Masters
20	Men 35-99 200 Meter Dash Masters	62	Men 35-99 1500 Meter Run Masters
21	Girls 12-13 60 Meter Hurdles .76m U14	63	Women 20-34 3000 Meter Run Senior
22	Boys 12-13 60 Meter Hurdles .76m U14	64	Men 20-34 3000 Meter Run Senior
23	Girls 14-15 60 Meter Hurdles .76m U16	65	Women 35-99 3000 Meter Run Masters
24	Boys 14-15 60 Meter Hurdles .84m U16	66	Men 35-99 3000 Meter Run Masters
25	Girls 16-17 60 Meter Hurdles .76m U18	67	Girls 6-11 High Jump U12
26	Boys 16-17 60 Meter Hurdles .91m U18	68	Boys 6-11 High Jump U12
27	Women 18-19 60 Meter Hurdles .84m U20	69	Girls 12-13 High Jump U14
28	Men 18-19 60 Meter Hurdles .99m U20	70	Boys 12-13 High Jump U14
29	Women 20-34 60 Meter Hurdles .84m Senior	71	Girls 14-15 High Jump U16
30	Men 20-34 60 Meter Hurdles 1.07m Senior	72	Boys 14-15 High Jump U16
31	Women 35-99 60 Meter Hurdles Masters	73	Girls 16-17 High Jump U18
32	Men 34-99 60 Meter Hurdles Masters	74	Boys 16-17 High Jump U18
33	Girls 10-11 600 Meter Run U12	75	Women 18-19 High Jump U20
34	Boys 10-11 600 Meter Run U12	76	Men 18-19 High Jump U20
35	Men 20-34 600 Meter Run Senior	77	Women 20-34 High Jump Senior
36	Women 20-34 600 Meter Run Senior	78	Men 20-34 High Jump Senior
37	Girls 12-13 800 Meter Run U14	79	Women 35-99 High Jump Masters
38	Boys 12-13 800 Meter Run U14	80	Men 35-99 High Jump Masters
39	Girls 14-15 800 Meter Run U16	81	Girls 14-15 Long Jump U16
40	Boys 14-15 800 Meter Run U16	82	Boys 14-15 Long Jump U16
41	Girls 16-17 800 Meter Run U18	83	Girls 16-17 Long Jump U18
42	Boys 16-17 800 Meter Run U18	84	Boys 16-17 Long Jump U18

Event #	Event Name	Event #	Event Name
85	Women 18-19 Long Jump U20	118	Men 20-34 Shot Put 7.26kg Senior
86	Men 18-19 Long Jump U20	119	Women 35-99 Shot Put Masters
87	Women 20-34 Long Jump Senior	120	Men 35-99 Shot Put Masters
88	Men 20-34 Long Jump Senior	121	Girls 16-17 Weight Throw 16lb U18
89	Women 35-99 Long Jump Masters	122	Boys 16-17 Weight Throw 20lb U18
90	Men 35-99 Long Jump Masters	123	Women 18-19 Weight Throw 20lb U20
91	Girls 14-15 Triple Jump U16	124	Men 18-19 Weight Throw 35lb U20
92	Boys 14-15 Triple Jump U16	125	Women 20-34 Weight Throw 20lb Senior
93	Girls 16-17 Triple Jump U18	126	Men 20-34 Weight Throw 35lb Senior
94	Boys 16-17 Triple Jump U18	127	Women 35-99 Weight Throw Masters
95	Women 18-19 Triple Jump U20	128	Men 35-99 Weight Throw Masters
96	Men 18-19 Triple Jump U20	129	Girls 6-11 Triathlon Speed U12
97	Women 20-34 Triple Jump Senior	130	Boys 6-11 Triathlon Speed U12
98	Men 20-34 Triple Jump Senior	131	Girls 12-13 Triathlon Speed U14
99	Women 35-99 Triple Jump Masters	132	Boys 12-13 Triathlon Speed U14
100	Men 35-99 Triple Jump Masters	133	Girls 6-11 Triathlon Endurance U12
101	Girls 14-15 Pole Vault U16	134	Boys 6-11 Triathlon Endurance U12
102	Boys 14-15 Pole Vault U16	135	Girls 12-13 Triathlon Endurance U14
103	Girls 16-17 Pole Vault U18	136	Boys 12-13 Triathlon Endurance U14
104	Boys 16-17 Pole Vault U18	137	Girls 10-11 4x100 Meter Relay U12
105	Women 18-19 Pole Vault U20	138	Boys 10-11 4x100 Meter Relay U12
106	Men 18-19 Pole Vault U20	139	Girls 12-13 4x100 Meter Relay U14
107	Women 20-34 Pole Vault Senior	140	Boys 12-13 4x100 Meter Relay U14
108	Men 20-34 Pole Vault Senior	141	Girls 14-15 4x100 Meter Relay U16
109	Women 35-99 Pole Vault Masters	142	Boys 14-15 4x100 Meter Relay U16
110	Men 35-99 Pole Vault Masters	143	Girls 10-11 800 Sprint Medley U12
111	Girls 14-15 Shot Put 3kg U16	144	Boys 10-11 800 Sprint Medley U12
112	Boys 14-15 Shot Put 4kg U16	145	Girls 12-13 800 Sprint Medley U14
113	Girls 16-17 Shot Put 3kg U18	146	Boys 12-13 800 Sprint Medley U14
114	Boys 16-17 Shot Put 5kg U18	147	Girls 14-15 800 Sprint Medley U16
115	Women 18-19 Shot Put 4kg U20	148	Boys 14-15 800 Sprint Medley U16
116	Men 18-19 Shot Put 6kg U20	149	Girls 16-17 800 Sprint Medley U18
117	Women 20-34 Shot Put 4kg Senior	150	Boys 16-17 800 Sprint Medley U18