**2020 Lipsett Cartage Regina Indoor Games**

Regina Sportsplex

1717 Elphinstone Street

Regina, Saskatchewan

February 7 & 8, 2020

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 will be $40.00 per athlete.

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

 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 registration 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.

1. **Age Classes**
* Senior: 20 and older as of Dec. 31, 2020 (born 2000 or earlier)
* U20: Under 20 as of Dec. 31, 2020 (born in 2001 or 2002)
* U18: Under 18 as of Dec. 31, 2020 (born in 2003 or 2004)
* U16: Under 16 as of Dec. 31, 2020 (born in 2005 or 2006)
* U14: Under 14 as of Dec. 31, 2020 (born in 2007 or 2008)
* U12: Under 12 as of Dec. 31, 2020 (born in 2009 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:

###### 6:00 p.m., Monday, January 31, 2020

All teams must submit entries with either **Hy-Tek’s Team Manager** or **Trackie.**

Team Manager entries will be confirmed by return e-mail.

Trackie Registration: Please paste the following URL into your browser:

<https://www.trackie.com/online-registration/register/2020-regina-indoor-games/38140/>

**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

orjflangen@sasktel.net

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

1. **Meet Hotel:** Quality Hotel

 1717 Victoria Ave,

 Regina, SK S4P 0P9

 Discounted Rate: $82.00 per night

 Book online: <https://bit.ly/2pz9jxR>

 Book Direct: (306) 569-4656

 Reference Group Block Name: Regina Indoor Games Track & Field

1. **Registration:** Regina Sportsplex

 1717 Elphinstone Street

 4:00 P.M., Friday, February 7, 2020 First Event: 5:00 P.M.

 8:00 A.M., Saturday, February 8, 2020 First Event: 9:00 A.M.

1. **Awards:** Gold, Silver and Bronze medallions.
2. **Schedule of Events (tentative):** Please remember that times are **subject to change** based on the number of entries received.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Friday, February 7** |  |  |  |
|  |  |  |  |  |  |  |  |
|  | **Track** |  |  |  | **Field** |  |  |
| 5:00pm | U12 Girls  | 4x100m  |  | 5:00pm | U16 Boys | Long Jump |  |
|  | U12 Boys | 4x100m |  |  | U20 & Sr. Women | Shot Put |  |
|  | U14 Girls | 4x100m |  |  | U18 Girls | Shot Put |  |
|  | U14 Boys | 4x100m |  |  |  |  |  |
|  | 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 |  | 8:00pm | U14 Boys | High Jump |  |
|  | U12 Boys | 1000m |  |  | Masters W & M | High Jump |  |
|  | U14 Girls | 1200m |  |  | U20 & Sr. Women | Long Jump |  |
|  | U14 Boys | 1200m |  |  |  |  |  |
|  | U16 Girls | 1200m |  |  |  |  |  |
|  | U16 Boys | 1200m |  |  |  |  |  |
| 8:30pm | U18 Girls | 1500m |  |  |  |  |  |
|  | U18 Boys | 1500m |  | 8:45pm | U16 Girls | High Jump |  |
|  | U20 & Sr. Women | 1500m |  |  | U16 Girls | Shot Put |  |
|  | U20 & Sr. Men | 1500m |  |  | Masters M&W | Shot Put |  |
|  | 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 8** |  |  |  |
|  |  |  |  |  |  |  |  |
|  | **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 |  |  | U20 & Sr. Women | High Jump |  |
|  | U20 & Sr. Men | 800m |  |  |  |  |  |
|  | 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 |  | Sr. Women | Long Jump - Special O |
| 1:10pm | U12 Girls | 600m - Triathlon |  | Sr. Men | Long Jump - Special O |
|  | U12 Girls | 600m |  |  |  |  |  |
| 1:20pm | U12 Boys | 600m - Triathlon |  |  |  |  |
|  | U12 Boys | 600m |  | 1:15pm | U12 Boys | Shot Put - Triathlon |
|  | 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 |  |
| 2:00pm | U12 Girls | 150m |  | 2:00pm | U18 Boys | Long 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 |  |  |  |  |  |
|  | U20 & Sr. Men | 400m |  |  |  |  |  |
|  | Sr. Women | 400m Special O |  |  |  |  |
|  | Sr. Men | 400m Special O |  |  |  |  |
| 2:45pm | U16 Girls | 2000m |  | 3:00pm | U18 Girls | Long Jump |  |
|  | 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 |  |  |  |  |
|  | 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 | 35 |  | Girls 12-13 800 Meter Run U14 |
| 2 |  | Boys 14-15 60 Meter Dash U16 | 36 |  | Boys 12-13 800 Meter Run U14 |
| 3 |  | Girls 16-17 60 Meter Dash U18 | 37 |  | Girls 14-15 800 Meter Run U16 |
| 4 |  | Boys 16-17 60 Meter Dash U18 | 38 |  | Boys 14-15 800 Meter Run U16 |
| 5 |  | Women 18-19 60 Meter Dash U20 | 39 |  | Girls 16-17 800 Meter Run U18 |
| 6 |  | Men 18-19 60 Meter Dash U20 | 40 |  | Boys 16-17 800 Meter Run U18 |
| 7 |  | Women 20-34 60 Meter Dash Senior | 41 |  | Women 18-19 800 Meter Run U20 |
| 8 |  | Men 20-34 60 Meter Dash Senior | 42 |  | Men 18-19 800 Meter Run U20 |
| 9 |  | Women 35-99 60 Meter Dash Masters | 43 |  | Women 20-34 800 Meter Run Senior |
| 10 |  | Men 35-99 60 Meter Dash Masters | 44 |  | Men 20-34 800 Meter Run Senior |
| 11 |  | Girls 10-11 150 Meter Dash U 12 | 45 |  | Women 35-99 800 Meter Run Masters |
| 12 |  | Boys 10-11 150 Meter Dash U 12 | 46 |  | Men 35-99 800 Meter Run Masters |
| 13 |  | Girls 12-13 150 Meter Dash U14 | 47 |  | Girls 10-11 1000 Meter Run U 12 |
| 14 |  | Boys 12-13 150 Meter Dash U14 | 48 |  | Boys 10-11 1000 Meter Run U 12 |
| 15 |  | Girls 14-15 200 Meter Dash U16 | 49 |  | Girls 12-13 1200 Meter Run U14 |
| 16 |  | Boys 14-15 200 Meter Dash U16 | 50 |  | Boys 12-13 1200 Meter Run U14 |
| 17 |  | Girls 16-17 200 Meter Dash U18 | 51 |  | Girls 14-15 1200 Meter Run U16 |
| 18 |  | Boys 16-17 200 Meter Dash U18 | 52 |  | Boys 14-15 1200 Meter Run U16 |
| 19 |  | Women 18-19 200 Meter Dash U20 | 53 |  | Girls 16-17 1500 Meter Run U18 |
| 20 |  | Men 18-19 200 Meter Dash U20 | 54 |  | Boys 16-17 1500 Meter Run U18 |
| 21 |  | Women 20-34 200 Meter Dash Senior | 55 |  | Women 18-19 1500 Meter Run U20 |
| 22 |  | Men 20-34 200 Meter Dash Senior | 56 |  | Men 18-19 1500 Meter Run U20 |
| 23 |  | Women 35-99 200 Meter Dash Masters | 57 |  | Women 20-34 1500 Meter Run Senior |
| 24 |  | Men 35-99 200 Meter Dash Masters | 58 |  | Men 20-34 1500 Meter Run Senior |
| 25 |  | Girls 16-17 400 Meter Dash U18 | 59 |  | Women 35-99 1500 Meter Run Masters |
| 26 |  | Boys 16-17 400 Meter Dash U18 | 60 |  | Men 35-99 1500 Meter Run Masters |
| 27 |  | Women 18-19 400 Meter Dash U20 | 61 |  | Girls 14-15 2000 Meter Run U16 |
| 28 |  | Men 18-19 400 Meter Dash U20 | 62 |  | Boys 14-15 2000 Meter Run U16 |
| 29 |  | Women 20-34 400 Meter Dash Senior | 63 |  | Girls 16-17 3000 Meter Run U18 |
| 30 |  | Men 20-34 400 Meter Dash Senior | 64 |  | Boys 16-17 3000 Meter Run U18 |
| 31 |  | Women 35-99 400 Meter Dash Masters | 65 |  | Women 18-19 3000 Meter Run U20 |
| 32 |  | Men 35-99 400 Meter Dash Masters | 66 |  | Men 18-19 3000 Meter Run U20 |
| 33 |  | Girls 10-11 600 Meter Run U 12 | 67 |  | Women 20-34 3000 Meter Run Senior |
| 34 |  | Boys 10-11 600 Meter Run U 12 | 68 |  | Men 20-34 3000 Meter Run Senior |
| **Event #**  |  | **Event Name** | **Event #**  |  | **Event Name** |
| 69 |  | Women 35-99 3000 Meter Run Masters | 111 |  | Women 18-19 Long Jump U20 |
| 70 |  | Men 35-99 3000 Meter Run Masters | 112 |  | Men 18-19 Long Jump U20 |
| 71 |  | Girls 12-13 60 Meter Hurdles .76m U14 | 113 |  | Women 20-34 Long Jump Senior |
| 72 |  | Boys 12-13 60 Meter Hurdles .76m U14 | 114 |  | Men 20-34 Long Jump Senior |
| 73 |  | Girls 14-15 60 Meter Hurdles .76m U16 | 115 |  | Women 35-99 Long Jump Masters |
| 74 |  | Boys 14-15 60 Meter Hurdles .84m U16 | 116 |  | Men 35-99 Long Jump Masters |
| 75 |  | Girls 16-17 60 Meter Hurdles .76m U18 | 117 |  | Girls 14-15 Shot Put 3kg U16 |
| 76 |  | Boys 16-17 60 Meter Hurdles .91m U18 | 118 |  | Boys 14-15 Shot Put 4kg U16 |
| 77 |  | Women 18-19 60 Meter Hurdles .84m U20 | 119 |  | Girls 16-17 Shot Put 3kg U18 |
| 78 |  | Men 18-19 60 Meter Hurdles .99m U20 | 120 |  | Boys 16-17 Shot Put 5kg U18 |
| 79 |  | Women 20-34 60 Meter Hurdles .84m Senior | 121 |  | Women 18-19 Shot Put 4kg U20 |
| 80 |  | Men 20-34 60 Meter Hurdles 1.07m Senior | 122 |  | Men 18-19 Shot Put 6kg U20 |
| 81 |  | Women 35-99 60 Meter Hurdles Masters | 123 |  | Women 20-34 Shot Put 4kg Senior |
| 82 |  | Men 35-99 60 Meter Hurdles Masters | 124 |  | Men 20-34 Shot Put 7.26kg Senior |
| 83 |  | Girls 10-11 High Jump U 12 | 125 |  | Women 35-99 Shot Put Masters |
| 84 |  | Boys 10-11 High Jump U 12 | 126 |  | Men 35-99 Shot Put Masters |
| 85 |  | Girls 12-13 High Jump U14 | 127 |  | Girls 16-17 Weight Throw 16lb U18 |
| 86 |  | Boys 12-13 High Jump U14 | 128 |  | Boys 16-17 Weight Throw 20lb U18 |
| 87 |  | Girls 14-15 High Jump U16 | 129 |  | Women 18-19 Weight Throw 20lb U20 |
| 88 |  | Boys 14-15 High Jump U16 | 130 |  | Men 18-19 Weight Throw 25lb U20 |
| 89 |  | Girls 16-17 High Jump U18 | 131 |  | Women 20-34 Weight Throw 20lb Senior |
| 90 |  | Boys 16-17 High Jump U18 | 132 |  | Men 20-34 Weight Throw 35lb Senior |
| 91 |  | Women 18-19 High Jump U20 | 133 |  | Women 35-99 Weight Throw Masters |
| 92 |  | Men 18-19 High Jump U20 | 134 |  | Men 35-99 Weight Throw Masters |
| 93 |  | Women 20-34 High Jump Senior | 135 |  | Girls 11 & Under Triathlon Speed U 12 |
| 94 |  | Men 20-34 High Jump Senior | 136 |  | Boys 11 & Under Triathlon Speed U 12 |
| 95 |  | Women 35-99 High Jump Masters | 137 |  | Girls 12-13 Triathlon Speed U14 |
| 96 |  | Men 35-99 High Jump Masters | 138 |  | Boys 12-13 Triathlon Speed U14 |
| 97 |  | Girls 14-15 Pole Vault U16 | 139 |  | Girls 14-15 Triathlon Speed U16 |
| 98 |  | Boys 14-15 Pole Vault U16 | 140 |  | Boys 14-15 Triathlon Speed U16 |
| 99 |  | Girls 16-17 Pole Vault U18 | 141 |  | Girls 11 & Under Triathlon Endurance Tri12E |
| 100 |  | Boys 16-17 Pole Vault U18 | 142 |  | Boys 11 & Under Triathlon Endurance Tri12E |
| 101 |  | Women 18-19 Pole Vault U20 | 143 |  | Girls 12-13 Triathlon Endurance Tri14E |
| 102 |  | Men 18-19 Pole Vault U20 | 144 |  | Boys 12-13 Triathlon Endurance Tri14E |
| 103 |  | Women 20-34 Pole Vault Senior | 145 |  | Girls 10-11 4x100 Meter Relay U 12 |
| 104 |  | Men 20-34 Pole Vault Senior | 146 |  | Boys 10-11 4x100 Meter Relay U 12 |
| 105 |  | Women 35-99 Pole Vault Masters | 147 |  | Girls 12-13 4x100 Meter Relay U14 |
| 106 |  | Men 35-99 Pole Vault Masters | 148 |  | Boys 12-13 4x100 Meter Relay U14 |
| 107 |  | Girls 14-15 Long Jump U16 | 149 |  | Girls 14-15 4x100 Meter Relay U16 |
| 108 |  | Boys 14-15 Long Jump U16 | 150 |  | Boys 14-15 4x100 Meter Relay U16 |
| 109 |  | Girls 16-17 Long Jump U18 | 151 |  | Girls 16-17 4x100 Meter Relay U18 |
| 110 |  | Boys 16-17 Long Jump U18 | 152 |  | Boys 16-17 4x100 Meter Relay U18 |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Event #**  |  | **Event Name** | **Event #**  |  | **Event Name** |
| 153 |  | Women 18-19 4x100 Meter Relay U20 | 161 |  | Women 20-34 200 Meter Dash Special O Senior |
| 154 |  | Men 18-19 4x100 Meter Relay U20 | 162 |  | Men 20-34 200 Meter Dash Special O Senior |
| 155 |  | Women 20-34 4x100 Meter Relay Senior | 163 |  | Women 20-34 400 Meter Dash Special O Senior |
| 156 |  | Men 20-34 4x100 Meter Relay Senior | 164 |  | Men 20-34 400 Meter Dash Special O Senior |
| 157 |  | Women 35-99 4x100 Meter Relay Masters | 165 |  | Women 20-34 Long Jump Special O Senior |
| 158 |  | Men 35-99 4x100 Meter Relay Masters | 166 |  | Men 20-34 Long Jump Special O Senior |
| 159 |  | Women 20-34 60 Meter Dash Special O Senior | 167 |  | Women 20-34 Shot Put Special O Senior |
| 160 |  | Men 20-34 60 Meter Dash Special O Senior | 168 |  | Men 20-34 Shot Put Special O Senior |