**LARMER FRIENDSHIP GAMES**

REGINA SPORTSPLEX

1717 Elphinstone Street

Regina, Saskatchewan

Saturday, December 11, 2021

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: $30.00

**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

Athletes without an Athletics Canada number MUST apply to Saskatchewan Athletics for a day pass. Day passes will not be available at the meet office and you cannot compete without one.

1. **COVID Protocols:** In order to protect everyone from COVID as much as possible, we are asking for everyone’s cooperation to restrict contact between everyone attending the meet. Please be aware of the following:
2. As per City of Regina regulations, ALL individuals MUST present proof of double vaccination prior to entry into the Regina Fieldhouse. Do not register for the meet unless you are certain that you will meet the COVID immunization requirements. Entry fees will not be refunded if athletes are refused entry into the Regina Fieldhouse. Athletes eleven years of age or less will be exempt from this rule.
3. While in the fieldhouse cell do your best to socially distance from people not in your household. Wearing your mask at all times is manditory. Athletes are permitted to remove their mask when in the competition area.
4. Only athletes competing in the events scheduled for the current time period will be permitted in the competition area. Warm-ups are permitted in the competition area 30 minutes prior to the start of an event. When events are completed, athletes must leave the competition area promptly.
5. Absolutely no spectators are permitted in the competition area. Individuals breaking this rule on a repeated basis will be asked to leave the fieldhouse.
6. Once athletes have completed their events for the day, please leave the fieldhouse promptly. Results will be posted on the Excel Athletika website.
7. **Age Classes**:

Senior: 20 and older as of Dec. 31, 2021 (born 2001 or earlier)

U20: Under 20 as of Dec. 31, 2021 (born 2002 - 2003)

U18: Under 18 as of Dec. 31, 2021 (born 2004 - 2005)U16: Under 16 as of Dec. 31, 2021 (born 2006 - 2007)

U14: Under 14 as of Dec. 31, 2021 (born 2008 - 2009)U12: Under 12 as of Dec. 31, 2021 (born 2010 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. **Entry Deadline**: 6:00 PM, Monday, December 6, 2021

**PLEASE NOTE**

**Entries**: All entries **MUST** be made online using the **Trackie registration system.**

**Payment must be made on line when registering to reduce traffic in the meet office.**

1. **Trackie Registration:** Please paste the following URL into your browser.

<https://www.trackie.com/online-registration/register/larmer-friendship-games/473667/>

Entries will not be accepted from e-mails. **Late entries or changes will not be accepted.**

Direct inquiries to: [jflangen@sasktel.net](mailto:jflangen@sasktel.net)

orjflangen@sasktel.net

(306) 550-7080

**8**. **Registration**: Regina Fieldhouse

1:00 P.M., Saturday, December 11, 2021

First Event: 2:00 P.M.

**9. 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 the spelling of your athlete names and club names are identical to those in the Sask Athletics database.** If you are not sure, get a copy of your database from Laura at Sask Athletics.

**EVENTS**

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

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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Event #** | | **Event Name** |  | **Event #** |  | **Event Name** | | 77 |  | Girls 14-15 Long Jump U16 |  | 105 |  | Women 35-99 Pole Vault Masters | | 78 |  | Boys 14-15 Long Jump U16 |  | 106 |  | Men 35-99 Pole Vault Masters | | 79 |  | Girls 16-17 Long Jump U18 |  | 107 |  | Girls 14-15 Shot Put 3kg U16 | | 80 |  | Boys 16-17 Long Jump U18 |  | 108 |  | Boys 14-15 Shot Put 4kg U16 | | 81 |  | Women 18-19 Long Jump U20 |  | 109 |  | Girls 16-17 Shot Put 3kg U18 | | 82 |  | Men 18-19 Long Jump U20 |  | 110 |  | Boys 16-17 Shot Put 5kg U18 | | 83 |  | Women 20-34 Long Jump Senior |  | 111 |  | Women 18-19 Shot Put 4kg U20 | | 84 |  | Men 20-34 Long Jump Senior |  | 112 |  | Men 18-19 Shot Put 6kg U20 | | 85 |  | Women 35-99 Long Jump Masters |  | 113 |  | Women 20-34 Shot Put 4kg Senior | | 86 |  | Men 35-99 Long Jump Masters |  | 114 |  | Men 20-34 Shot Put 7.26kg Senior | | 87 |  | Girls 14-15 Triple Jump U16 |  | 115 |  | Women 35-99 Shot Put Masters | | 88 |  | Boys 14-15 Triple Jump U16 |  | 116 |  | Men 35-99 Shot Put Masters | | 89 |  | Girls 16-17 Triple Jump U18 |  | 117 |  | Girls 16-17 Weight Throw 16lb U18 | | 90 |  | Boys 16-17 Triple Jump U18 |  | 118 |  | Boys 16-17 Weight Throw 20lb U18 | | 91 |  | Women 18-19 Triple Jump U20 |  | 119 |  | Women 18-19 Weight Throw 20lb U20 | | 92 |  | Men 18-19 Triple Jump U20 |  | 120 |  | Men 18-19 Weight Throw 35lb U20 | | 93 |  | Women 20-34 Triple Jump Senior |  | 121 |  | Women 20-34 Weight Throw 20lb Senior | | 94 |  | Men 20-34 Triple Jump Senior |  | 122 |  | Men 20-34 Weight Throw 35lb Senior | | 95 |  | Women 35-99 Triple Jump Masters |  | 123 |  | Women 35-99 Weight Throw Masters | | 96 |  | Men 35-99 Triple Jump Masters |  | 124 |  | Men 35-99 Weight Throw Masters | | 97 |  | Girls 14-15 Pole Vault U16 |  | 125 |  | Girls 6-11 Triathlon Speed U12 | | 98 |  | Boys 14-15 Pole Vault U16 |  | 126 |  | Boys 6-11 Triathlon Speed U12 | | 99 |  | Girls 16-17 Pole Vault U18 |  | 127 |  | Girls 12-13 Triathlon Speed U14 | | 100 |  | Boys 16-17 Pole Vault U18 |  | 128 |  | Boys 12-13 Triathlon Speed U14 | | 101 |  | Women 18-19 Pole Vault U20 |  | 129 |  | Girls 6-11 Triathlon Endurance U12 | | 102 |  | Men 18-19 Pole Vault U20 |  | 130 |  | Boys 6-11 Triathlon Endurance U12 | | 103 |  | Women 20-34 Pole Vault Senior |  | 131 |  | Girls 12-13 Triathlon Endurance U14 | | 104 |  | Men 20-34 Pole Vault Senior |  | 132 |  | Boys 12-13 Triathlon Endurance U14 | |  |  |  |  |  |  |
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**9. Tentative Schedule of Events**:

The final schedule will be posted on the Excel Athletika and Sask Athletics website on Wednesday, December 8, 2021.

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| --- | --- | --- | --- | --- |
| **Time** | **Event** |  | **Time** | **Event** |
| 2:00 | U20 & Sr Women 60m Heats |  |  | **Long Jump/Triple Jump** |
| 2:10 | U20 & Sr Men 60m Heats |  | 2:00 | U14 Girls and Boys Triathlon |
| 2:20 | U16 Girls 60m |  | 3:30 | U12 Girls and Boys Triathlon |
| 2:30 | U16 Boys 60m |  | 4:30 | U16, U18, U20, Sr., Masters Men |
| 2:35 | U18 Girls 60m |  | 6:30 | U16, U18, U20, Sr., Masters Women |
| 2:45 | U18 Boys 60m |  | 7:30 | Triple Jump - All |
| 2:50 | Masters 60m |  |  |  |
| 2:55 | U20 & Sr Women 60m Final |  |  |  |
| 3:05 | U20 & Sr Men 60m Final |  |  |  |
| 3:15 | U20 & Sr. Men 60mH-Heats |  |  | **High Jump/Pole Vault** |
| 3:25 | U18 Men 60mH |  | 2:00 | U16, U18, U20, Sr., Women |
| 3:35 | U20 & Sr. Women 60mH-Heats |  | 3:00 | U16, U18 Men |
| 3:45 | U16 Boys 60mH |  | 3:30 | Pole Vault - All |
| 3:55 | U16 Girls 60mH |  | 3:45 | U20, Sr., Men |
| 4:05 | U18 Girls 60mH |  | 4:45 | Masters Men & Women |
| 4:10 | U14 Girls and Boys 60mH |  | 5:30 | U12 Boys and Girls |
| 4:15 | Sr. Men 60mH-Final |  | 6:30 | U14 Boys and Girls |
| 4:25 | Sr. Women 60mH-Final |  |  |  |
| 4:30 | Sr. Women 600m |  |  |  |
| 4:35 | Sr. Men 600m |  |  | **Shot Put/Weight Throw** |
| 4:40 | Masters & U16 Girls 800m |  | 2:00 | U12 Boys & Girls Triathlon |
| 4:45 | U14 Girls & Boys Triathlon 800m |  | 3:15 | U16, U18, U20, Sr., Masters Women |
| 4:55 | U14 Girls & Boys Triathlon 60m |  | 4:15 | U14 Boys & Girls Triathlon |
| **5:00** | **Supper Break** |  | 5:00 | U16, U18, U20, Sr., Masters Men |
| 6:00 | U16 Boys 800m |  | 7:00 | Weight Throw - All |
| 6:10 | U18 Girls 800m |  |  |  |
| 6:15 | U18 Boys 800m |  |  |  |
| 6:20 | U20 & Sr. Women 800m |  |  |  |
| 6:25 | U20 & Sr. Men 800m |  |  |  |
| 6:35 | U12 Girls & Boys Triathlon 60m |  |  |  |
| 6:40 | U12 Girls & Boys Triathlon 600m |  |  |  |
| 6:45 | U16 Girls 200m |  |  |  |
| 6:50 | U16 Boys 200m |  |  |  |
| 6:55 | U18 Girls 200m |  |  |  |
| 7:00 | U18 Boys 200m |  |  |  |
| 7:05 | U20 & Sr. Women 200m |  |  |  |
| 7:10 | U20 & Sr. Men 200m |  |  |  |
| 7:15 | Masters 200m |  |  |  |
| 7:25 | U12 Girls & Boys 1000m |  |  |  |
| 7:35 | U14 Girls & Boys 1200m |  |  |  |
| 7:45 | U16 Girls & Boys 1200m |  |  |  |
| 7:55 | Masters & U18 Girls 1500m |  |  |  |
| 8:05 | U18 Boys 1500m |  |  |  |
| 8:15 | U20 & Sr. Women 1500m |  |  |  |
| 8:20 | U20 & Sr. Men 1500m |  |  |  |