**LARMER FRIENDSHIP GAMES**

REGINA SPORTSPLEX

1717 Elphinstone Street

Regina, Saskatchewan

Saturday, December 10, 2022

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**: 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 membership by:

1. E-mail: <https://www.saskathletics.ca/> or
2. Phone: Saskatchewan Athletics @ 306-664-6744 or
3. 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. **Age Classes**:

Senior: 20 and older as of Dec. 31, 2022 (born 2002 or earlier)

U20: Under 20 as of Dec. 31, 2022 (born 2003 - 2004)

U18: Under 18 as of Dec. 31, 2022 (born 2005 - 2006)U16: Under 16 as of Dec. 31, 2022 (born 2007 - 2008)

U14: Under 14 as of Dec. 31, 2022 (born 2009 - 2010)U12: Under 12 as of Dec. 31, 2022 (born 2011 or later)

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

1. **Awards**: Medals to the top three finishers in each event including finishers in each individual triathlon event.
2. **Scratches:** Please report scratches in lane races to the meet office as soon as possible.
3. **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.
4. **Meet Hotel:** **ROYAL HOTEL**

 4025 Albert Street

 Rate: $119.00 plus tax per night includes breakfast and parking

 To book online, e-mail: <http://www.royalhotelregina.ca/>

 Quote block code: 121022GRA

 Book Direct: (306) 586-6755

1. **Registration**: Regina Fieldhouse

 1:00 P.M., Saturday, December 10, 2022

 First Event: 2:00 P.M.

1. **Entry Deadline**: 6:00 PM CST, Monday, December 5, 2022

**PLEASE NOTE**

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

**Payment must be made on line when registering.**

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

<https://www.trackie.com/online-registration/register/larmer-friendship-games/483331/>

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

Direct inquiries to: jflangen@sasktel.net

orjflangen@sasktel.net

(306) 550-7080

1. **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 7, 2022.

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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 |  |  |  |