**2023 Regina Indoor Games**

Regina Sportsplex

1717 Elphinstone Street

Regina, Saskatchewan

February 3 & 4, 2023

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.

 Triathlon: $30.00

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 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

1. **Entry Deadline**: 6:00 PM, Monday, January 30, 2023

 **PLEASE NOTE**

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

Payment must be made online when registering.

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

https://www.trackie.com/online-registration/register/2023-regina-indoor-games/485015/

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

Direct inquiries to: jflangen@sasktel.net

 orjflangen@sasktel.net

 (306) 550-7080

1. **Bib Pick-up**: Regina Sportsplex

 1717 Elphinstone Street

 4:00 P.M., Friday, February 3, 2023 First Event: 5:00 P.M.

 8:00 A.M., Saturday, February 4, 2023 First Event: 9:00 A.M.

1. **Age Classes**
* Senior: 20 and older as of Dec. 31, 2023 (born 2003 or earlier)
* U20: Under 20 as of Dec. 31, 2023 (born in 2004 or 2005)
* U18: Under 18 as of Dec. 31, 2023 (born in 2006 or 2007)
* U16: Under 16 as of Dec. 31, 2023 (born in 2008 or 2009)
* U14: Under 14 as of Dec. 31, 2023 (born in 2010 or 2011)
* U12: Under 12 as of Dec. 31, 2023 (born in 2012 or later)
* Masters: 35 & over as of the first day of the event.

1. **Scratches**

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

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. **Meet Hotel:** **ATLAS HOTEL**

 4177 Albert Street

 Rate: $149.95 per night till Jan 13, 2023 (includes hot breakfast and parking)

 To book online, e-mail: guestambassador@atlashotel.com

 Quote block code: 020323RIG

 Book Direct: (306) 586-3443

1. **Awards:**

 Gold, Silver and Bronze Regina Indoor medallions.

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 ensure 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 information from Laura at Sask Athletics at 306-664-6744.

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Friday, February 3** |  |  |  |
|  |  |  |  |  |  |  |  |
|  | **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 4** |  |  |  |
|  |  |  |  |  |  |  |  |
|  | **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:** Do **NOT** enter both triathlon events. Choose either Speed **OR** Endurance.

|  |  |  |  |
| --- | --- | --- | --- |
| **Event #**  | **Event Name** | **Event #**  | **Event Name** |
| 1 | Girls 14-15 60 Meter Dash U16 | 43 | Women 20-34 800 Meter Run Senior |
| 2 | Boys 14-15 60 Meter Dash U16 | 44 | Men 20-34 800 Meter Run Senior |
| 3 | Girls 16-17 60 Meter Dash U18 | 45 | Women 35-99 800 Meter Run Masters |
| 4 | Boys 16-17 60 Meter Dash U18 | 46 | Men 35-99 800 Meter Run Masters |
| 5 | Women 18-19 60 Meter Dash U20 | 47 | Girls 10-11 1000 Meter Run U 12 |
| 6 | Men 18-19 60 Meter Dash U20 | 48 | Boys 10-11 1000 Meter Run U 12 |
| 7 | Women 20-34 60 Meter Dash Senior | 49 | Girls 12-13 1200 Meter Run U14 |
| 8 | Men 20-34 60 Meter Dash Senior | 50 | Boys 12-13 1200 Meter Run U14 |
| 9 | Women 35-99 60 Meter Dash Masters | 51 | Girls 14-15 1200 Meter Run U16 |
| 10 | Men 35-99 60 Meter Dash Masters | 52 | Boys 14-15 1200 Meter Run U16 |
| 11 | Girls 10-11 150 Meter Dash U 12 | 53 | Girls 16-17 1500 Meter Run U18 |
| 12 | Boys 10-11 150 Meter Dash U 12 | 54 | Boys 16-17 1500 Meter Run U18 |
| 13 | Girls 12-13 150 Meter Dash U14 | 55 | Women 18-19 1500 Meter Run U20 |
| 14 | Boys 12-13 150 Meter Dash U14 | 56 | Men 18-19 1500 Meter Run U20 |
| 15 | Girls 14-15 200 Meter Dash U16 | 57 | Women 20-34 1500 Meter Run Senior |
| 16 | Boys 14-15 200 Meter Dash U16 | 58 | Men 20-34 1500 Meter Run Senior |
| 17 | Girls 16-17 200 Meter Dash U18 | 59 | Women 35-99 1500 Meter Run Masters |
| 18 | Boys 16-17 200 Meter Dash U18 | 60 | Men 35-99 1500 Meter Run Masters |
| 19 | Women 18-19 200 Meter Dash U20 | 61 | Girls 14-15 2000 Meter Run U16 |
| 20 | Men 18-19 200 Meter Dash U20 | 62 | Boys 14-15 2000 Meter Run U16 |
| 21 | Women 20-34 200 Meter Dash Senior | 63 | Girls 16-17 3000 Meter Run U18 |
| 22 | Men 20-34 200 Meter Dash Senior | 64 | Boys 16-17 3000 Meter Run U18 |
| 23 | Women 35-99 200 Meter Dash Masters | 65 | Women 18-19 3000 Meter Run U20 |
| 24 | Men 35-99 200 Meter Dash Masters | 66 | Men 18-19 3000 Meter Run U20 |
| 25 | Girls 16-17 400 Meter Dash U18 | 67 | Women 20-34 3000 Meter Run Senior |
| 26 | Boys 16-17 400 Meter Dash U18 | 68 | Men 20-34 3000 Meter Run Senior |
| 27 | Women 18-19 400 Meter Dash U20 | 69 | Women 35-99 3000 Meter Run Masters |
| 28 | Men 18-19 400 Meter Dash U20 | 70 | Men 35-99 3000 Meter Run Masters |
| 29 | Women 20-34 400 Meter Dash Senior | 71 | Girls 12-13 60 Meter Hurdles .76m U14 |
| 30 | Men 20-34 400 Meter Dash Senior | 72 | Boys 12-13 60 Meter Hurdles .76m U14 |
| 31 | Women 35-99 400 Meter Dash Masters | 73 | Girls 14-15 60 Meter Hurdles .76m U16 |
| 32 | Men 35-99 400 Meter Dash Masters | 74 | Boys 14-15 60 Meter Hurdles .84m U16 |
| 33 | Girls 10-11 600 Meter Run U 12 | 75 | Girls 16-17 60 Meter Hurdles .76m U18 |
| 34 | Boys 10-11 600 Meter Run U 12 | 76 | Boys 16-17 60 Meter Hurdles .91m U18 |
| 35 | Girls 12-13 800 Meter Run U14 | 77 | Women 18-19 60 Meter Hurdles .84m U20 |
| 36 | Boys 12-13 800 Meter Run U14 | 78 | Men 18-19 60 Meter Hurdles .99m U20 |
| 37 | Girls 14-15 800 Meter Run U16 | 79 | Women 20-34 60 Meter Hurdles .84m Senior |
| 38 | Boys 14-15 800 Meter Run U16 | 80 | Men 20-34 60 Meter Hurdles 1.07m Senior |
| 39 | Girls 16-17 800 Meter Run U18 | 81 | Women 35-99 60 Meter Hurdles Masters |
| 40 | Boys 16-17 800 Meter Run U18 | 82 | Men 35-99 60 Meter Hurdles Masters |
| 41 | Women 18-19 800 Meter Run U20 | 83 | Girls 10-11 High Jump U 12 |
| 42 | Men 18-19 800 Meter Run U20 | 84 | Boys 10-11 High Jump U 12 |

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| --- | --- | --- | --- |
| **Event #**  | **Event Name** | **Event #**  | **Event Name** |
| 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 |
| 111 | Women 18-19 Long Jump U20 | 153 | Women 18-19 4x100 Meter Relay U20 |
| 112 | Men 18-19 Long Jump U20 | 154 | Men 18-19 4x100 Meter Relay U20 |
| 113 | Women 20-34 Long Jump Senior | 155 | Women 20-34 4x100 Meter Relay Senior |
| 114 | Men 20-34 Long Jump Senior | 156 | Men 20-34 4x100 Meter Relay Senior |
| 115 | Women 35-99 Long Jump Masters | 157 | Women 35-99 4x100 Meter Relay Masters |
| 116 | Men 35-99 Long Jump Masters | 158 | Men 35-99 4x100 Meter Relay Masters |
| 117 | Girls 14-15 Shot Put 3kg U16 | 159 | Women 20-34 60 Meter Dash Special O Senior |
| 118 | Boys 14-15 Shot Put 4kg U16 | 160 | Men 20-34 60 Meter Dash Special O Senior |
| 119 | Girls 16-17 Shot Put 3kg U18 | 161 | Women 20-34 200 Meter Dash Special O Senior |
| 120 | Boys 16-17 Shot Put 5kg U18 | 162 | Men 20-34 200 Meter Dash Special O Senior |
| 121 | Women 18-19 Shot Put 4kg U20 | 163 | Women 20-34 400 Meter Dash Special O Senior |
| 122 | Men 18-19 Shot Put 6kg U20 | 164 | Men 20-34 400 Meter Dash Special O Senior |
| 123 | Women 20-34 Shot Put 4kg Senior | 165 | Women 20-34 Long Jump Special O Senior |
| 124 | Men 20-34 Shot Put 7.26kg Senior | 166 | Men 20-34 Long Jump Special O Senior |
| 125 | Women 35-99 Shot Put Masters | 167 | Women 20-34 Shot Put Special O Senior |
| 126 | Men 35-99 Shot Put Masters | 168 | Men 20-34 Shot Put Special O Senior |