

**Regina Spring Classic**

**Track and Field Meet**

# CANADA GAMES TRACK AND FIELD FACILITY

Regina, Saskatchewan

Saturday, May 13, 2023

Sponsored by: Saskmilk

 Excel Athletika

Sanctioned by: Saskatchewan Athletics

1. **Eligibility:** Saskatchewan athletes must be registered with Saskatchewan Athletics prior to the competition. Out-of-province athletes must be registered with the sport governing body in their province. Saskatchewan athletes may obtain a membership by:
* SA Membership Link: <https://www.trackie.com/members/UN-SK.php> or
* E-mail: admin@saskathletics.ca or
* Phone: Saskatchewan Athletics @ 306-664-6744 or
* Writing to: Saskatchewan Athletics

 College Drive

 Saskatoon, Saskatchewan S7N 2W4

 Day passes, valid for only the specific meet for which they were purchased, will be available at

 the meet office.

1. **Age Classes:** Age classes for all events are as follows:
* **Open**: 18 and older as of Dec. 31, 2023 (born 2005 or earlier)
* **U18**: Under 18 as of Dec. 31, 2023 (born 2006 or 2007)
* **U16**: Under 16 as of Dec. 31, 2023 (born 2008 or 2009)
* **U14**: Under 14 as of Dec. 31, 2023 (born 2010 or 2011)
* **U12**: Under 12 as of Dec. 31, 2023 (born 2012 or later)
* **Masters**: 35 and over as of the day of the meet (born May 13, 1988 or earlier).
1. **Scratches:** Please report scratches in lane races to the meet office as soon as possible.
2. **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 that may be forfeited if the protest is disallowed.

1. **Entry Deadline:** The entry deadline for the meet is:

**6:00 p.m., Monday, May 8, 2023**

1. **Entry Fees**: First event: $25.00

 Second event: $25.00

 Additional events: $20.00 per event.

**PLEASE NOTE**

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

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

<https://www.trackie.com/online-registration/register/regina-spring-classic/487954/>

**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**: Douglas Park Track and Field Facility

 11:00 A.M., Saturday, May 13, 2023

 First Event: 12:00 P.M.

1. **Meet Hotel**: Atlas Hotel – Regina

 4177 Albert Street

 Rate: $149.95 plus taxes per night. Includes hot breakfast and parking. The

 waterpark is not included in the rate. To book rooms:

 Phone 306-586-3443 or

 E-mail guestambassador@atlashotel.com

 Quote Block Code **051323TFM** when booking. Rooms are held until April 21,

 2023.

1. **Meet Structure**: Due to the large number of events and the limited amount of time,

events will be run as timed section finals. The only exception will be the 100 metres which may be run with heats and finals depending on the number of entries.

1. **Events and Schedule:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  **Track Events**  |  |  | **Field Events** |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 12:00pm | 4x100m | U12 Men |  | **High Jump Competitions** | **Pole Vault Competitions** |
|  | 4x100m | U12 Women |  | 2:00pm | U16 Women | 12:30pm | U16 Men |
| 12:05pm | 4x100m | U14 Men |  |  | U18 Women |  | U18 Men |
|  | 4x100m | U14 Women |  |  | Open Women |  | Open Men |
| 12:10pm | 4x100m | U16 Men |  |  |  |  |  |
|  | 4x100m | U16 Women |  | 3:00pm | U14 Women | 2:30pm | Masters Men |
| 12:15pm | 4x100m | U18 Men |  |  | U14 Men |  | U16 Women |
|  | 4x100m | U18 Women |  |  | Masters Women |  | U18 Women |
| 12:20pm | 600m | U12 Men |  |  | Masters Men |  | Open Women |
|  | 600m | U12 Women |  |  | U12 Women |  |  |
| 12:25pm | 800m | U14 Men |  |  | U12 Men |  | Masters Women |
|  | 800m | U14 Women |  | 4:30pm | U16 Men |  |  |  |
| 12:30pm | 800m | U16 Men |  |  |  | U18 Men |  |  |  |  |
|  | 800m | Masters Men |  |  | Open Men |  |  |  |  |
| 12:35pm | 800m | U16 Women |  |  |  |  |  |  |
|  | 800m | Masters Women |  | **Long Jump Competitions** | **Triple Jump Competitions** |
| 12:40pm | 800m | U18 Men |  |  | 12:10pm | U12 Women | 1:00pm | U14 Women |
|  | 800m | Open Men |  |  |  | U12 Men |  | U14 Men |
|  | 800m |  |  | 2:00pm | U16 Men | 2:00pm | U16 Women |
| 12:45pm | 800m | U18 Women |  |  | U18 Men |  |  | U18 Women |
|  | 800m | Open Women |  |  | Open Men |  |  | Open Women |
|  | 800m |  |  |  |  |  |  |
| 12:50pm | 60m | U12 Men |  |  | 4:00pm | U14 Women |  | Masters Women |
|  | 60m | U12 Women |  |  | U14 Men |  |  | Masters Men |
| 12:55pm | 80m | U14 Men |  |  |  | Masters Women | 3:00pm | U16 Men |
|  | 80m | U14 Women |  |  | Masters Men |  | U18 Men |
| 1:05pm | 100m | U16 Men |  |  | 5:30pm | U16 Women |  | Open Men |
|  | 100m | U18 Men |  |  |  | U18 Women |  |  |
|  | 100m | Masters Men |  |  | Open Women |  |  |  |
| 1:10pm | 100m | Open Men  |  |  |  |  |
|  | 100m |  |  |  | **Shot Put Competitions** | **Javelin Competitions** |
| 1:15pm | 100m | U16 Women |  | 1:30pm | U12 Men | 12:45pm | U16 Men |
|  | 100m | U18 Women |  |  | U12 Women |  | U18 Men |
|  | 100m | Open Women |  |  | U14 Men |  |  | Open Men |
|  | 100m |  |  |  | U14 Women |  |  |
| 1:20pm | 100m | Masters Women |  |  | Masters Women | 2:15pm | U16 Women |
| 1:30pm | 80m H | U14 Women |  |  | Masters Men |  | U18 Women |
|  | 80m H | U14 Men |  |  | 3:00pm | U16 Men |  |  | Open Women |
|  | 80m H | U16 Women |  |  | U18 Men |  |  |  |
| 1:35pm | 100m H | U18 Women |  |  | Open Men |  | 3:45pm | Masters Women |
|  | 100m H | Open Women |  |  |  |  | Masters Men |
|  | 100m H |  |  | 3:45pm | U16 Women |  | U14 Men |
|  | 100m H | U16 Men |  |  |  | U18 Women |  | U14 Women |
| 1:50pm | 110m H | U18 Men |  |  |  | Open Women |  |  |  |
|  | 110m H | Open Men |  |  |  |  |  |  |  |
|  |  |  |  | **Discus Competitions** | **Hammer Throw Competitions** |
| 2:00pm | 2000m | U16 Men |  |  | 12:00pm | U16 Women | 5:30pm | U16 Men |
|  | 2000m | U16 Women |  |  | U18 Women |  | U18 Men |
| 2:10pm | 3000m | U18/Mas Men |  |  | Open Women |  | Open Men |
|  | 3000m | Open Men |  |  |  |  |  |
|  | 3000m | U18/Mas Women |  |  | Masters Women |  | U16 Women |
|  | 3000m | U20/Sen Women |  |  | Masters Men |  | U18 Women |
| 2:25pm | 300m | U16 Men |  |  |  | U16 Men |  |  | U20 Women |
|  | 300m | U16 Women |  |  | U18 Men |  |  | Senior Women |
| 2:35pm | 400m | U18 Men |  |  |  | Open Men |  |  | Masters Women |
|  | 400m | Open Men |  |  |  |  |  | Masters Men |
|  | 400m |  |  |  |  |  |  |  |  |
|  | 400m | Masters Men |  |  |  |  |  |  |  |
| 2:45pm | 400m | U18 Women |  |  |  |  |  |  |  |
|  | 400m | Open Women |  |  |  |  |  |  |  |
|  | 400m |  |  |  |  |  |  |  |  |
|  | 400m | Masters Women |  |  |  |  |  |  |  |
| 3:20pm | 1000m | U12 Men |  |  |  |  |  |  |  |  |
|  | 1000m | U12 Women |  |  |  |  |  |  |  |
| 3:30pm | 1200m | U14 Men |  |  |  |  |  |  |  |  |
|  | 1200m | U16 Men |  |  |  |  |  |  |  |  |
| 3:55pm | 1200m | U14 Women |  |  |  |  |  |  |  |
|  | 1200m | U16 Women |  |  |  |  |  |  |  |
| 4:10pm | 1500m | U18 Men |  |  |  |  |  |  |  |  |
|  | 1500m | Open Men |  |  |  |  |  |  |  |  |
|  | 1500m |  |  |  |  |  |  |  |  |
|  | 1500m | U18 Women |  |  |  |  |  |  |  |
|  | 1500m | Open Women |  |  |  |  |  |  |  |
|  | 1500m |  |  |  |  |  |  |  |  |
|  | 1500m | Masters Men |  |  |  |  |  |  |  |
|  | 1500m | Masters Women |  |  |  |  |  |  |  |
| 4:25pm | 150m | U12 Men |  |  |  |  |  |  |  |  |
|  | 150m | U12 Women |  |  |  |  |  |  |  |
| 4:30pm | 150m | U14 Men |  |  |  |  |  |  |  |  |
|  | 150m | U14 Women |  |  |  |  |  |  |  |
| 4:40pm | 200m | U16 Men |  |  |  |  |  |  |  |  |
|  | 200m | U18 Men |  |  |  |  |  |  |  |  |
| 4:50pm | 200m | Open Men |  |  |  |  |  |  |  |  |
|  | 200m |  |  |  |  |  |  |  |  |
|  | 200m | Masters Men |  |  |  |  |  |  |  |
| 5:00pm | 200m | U16 Women |  |  |  |  |  |  |  |
|  | 200m | U18 Women |  |  |  |  |  |  |  |
|  | 200m | Masters Women |  |  |  |  |  |  |  |
| 5:10pm | 200m | Open Women |  |  |  |  |  |  |  |
|  | 200m |  |  |  |  |  |  |  |  |

**The final schedule will be posted on Wednesday, May 10 on the Sask Athletics and the Excel Athletika websites.**