**2023 Saskatchewan Trials and All Comers Meet**

**for the**

**Manitoba/Saskatchewan U16/U18 Dual**

**Canada Games Athletic Complex**

**Regina, Saskatchewan**

# **June 10th - 11th, 2023**

# Sponsored by: 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 contacting:
* 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:**
* **Open**: 18 and older as of Dec. 31, 2023 (born 2005 or earlier)
* **U20**: Under 20 as of Dec. 31, 2023 (born 2004 or 2005)
* **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 June 10, 1988 or earlier)
1. **Scratches:** Please report scratches 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 which may be forfeited if the protest is disallowed.
3. **Entry Deadline:** The entry deadline for the meet is:

**6:00 p.m., Monday, June 5, 2023**

 All competitors must submit entries with **Trackie.**

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

 <https://www.trackie.com/online-registration/register/u16-and-u18-trials-and-all-comers-meet/488736/>

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

 Direct inquiries to: jflangen@sasktel.net

 orjflangen@sasktel.net

 (306) 550-7080

1. **Bib Pick-up:** Canada Games Athletic Complex

10:00 A.M., Saturday, June 10 First Event: 12:00 P.M.

8:00 A.M., Sunday, June 11 First Event: 9:00 A.M.

1. **Awards:** Gold, Silver and Bronze medallions.
2. **Spike length:** Track – maximum 7mm; Field - maximum 9mm. Pin spikes only.
3. **Accommodations:**

 **Meet Hotel**: The Atlas Hotel

 4177 Albert Street

 Regina S4S 3R6

 Phone: 306-586-3443

 E-mail: guestambassador@atlashotel.com

 Quote Block Code #060923STM when making reservations to receive the meet rate.

 **Cost**: $149.95 per room, double occupancy. Complimentary hot breakfast, parking

 and waterslide.

1. **Tentative Schedule of Events:** This schedule of events is tentative and is subject to change based on the number of entries received. Events will be held on the dates indicated but the times are subject to change.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Saturday, June 10** |  | **High Jump** | **Long Jump** | **Pole Vault** |
| 12:00pm | 80mH/100mH/110mH | 12:00pm | Open Women | Open Men | U16, U18 Girls, Mas W |
| 1:00pm | 1000m/1200m/1500m | 1:15pm | U16 Boys | U16, U18 Girls |  |  |
| 2:00pm | 80m/100m Heats | 2:30pm | U16 Girls | Masters M & W | Open Women |
| 2:40pm | 300m/400m Finals | 3:45pm | U18 Boys | U16, U18 Boys |  |  |
| 3:00pm | 80m/100m Finals | 4:00pm | U14 Boys, Girls | U20, Sr WomenU12 Girls, Boys |  |
|  |  |  |  |  |  |  |  |
| 4:40pm | 10Km |  | **Discus** | **Javelin** |  |  |
|  |  | 11:00am | U20, Open, Master Men | Open, Master Women |  |  |
|  |  | 12:30pm | U16, U18 Girls | U16, U18 Boys |  |  |
|  |  | 1:45pm | U16, U18 Boys | U16, U18 Girls |  |  |
|  |  | 3:00pm | Open, Master Women | Open, Master Men |  |
|  |  | 4:00pm | U14 Girls, Boys |  | U12 Girls/Boys  |  |
|  |  |  |  |  | U14 Girls/Boys  |  |  |
|  |  |  |  |  |  |
| **Sunday, June 11** |  | **High Jump** | **Long/Triple Jump**  | **Pole Vault** |
| 9:00am | 2Km/3Km/5Km | 11:00am | Masters M & W | U14 Boys, Girls Long Jum | U16, U18 Boys, Mas M |
| 12:00pm | 200m Heats | 12:00pm | U20, Sr Men | U16, U18 Boys |  |  |
| 12:30pm | 600m/800m Finals | 1:30pm | U12 Girls, Boys |  | U16, U18 GirlsU20,Sr, Masters Women | Open Men |
| 1:45pm | 200m Finals | 2:45pm | U18 Girls | U20, Sr, Masters Men |  |
| 2:30pm |  |  |  |  |  |  |  |
| 3:30pm | 200mH, 400mH |  |  |  |  |  |  |  |
| 4:30pm  | Relays |  | **Shot Put** | **Hammer** |  |  |  |
|  |  | 10:00am | U14 Girls/Boys |  |  |  |
|  |  | 11:00am | U16, U18 Girls | U20, Sr, Masters Men |  |  |
|  |  | 12:00pm | U20, Sr, Masters Women | U16, U18 Boys |  |  |
|  |  | 1:15pm | U20, Sr, Masters Men | U16, U18 Girls |  |  |
|  |  | 2:30pm | U16, U18 Boys | U20, Sr, Masters Women |  |  |
|  |  | 3:30pm | U12 Girls/Boys |  |  |  |  |