**2024 Regina Indoor Games**

Regina Sportsplex

1717 Elphinstone Street

Regina, Saskatchewan

February 9 & 10, 2024

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 before 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 CST, Monday, February 5, 2024

**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/event/2024-regina-indoor-games/1003229/>

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

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

orjflangen@sasktel.net

(306) 550-7080

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

1717 Elphinstone Street

4:00 P.M., Friday, February 9, 2024 First Event: 5:00 P.M.

8:00 A.M., Saturday, February 10, 2024 First Event: 9:00 A.M.

1. **Age Classes**

* U12: Under 12 as of Dec. 31, 2024 (born in 2013 or later)
* U14: Under 14 as of Dec. 31, 2024 (born in 2011 or 2012)
* U16: Under 16 as of Dec. 31, 2024 (born in 2009 or 2010)
* U18: Under 18 as of Dec. 31, 2024 (born in 2007 or 2008)
* U20: Under 20 as of Dec. 31, 2024 (born in 2005 or 2006)
* Senior: 20 and older as of Dec. 31, 2024 (born 2004 or earlier)
* Masters: 35 & over as of the first day of the meet.

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 may be forfeited if the protest is disallowed.

1. **Meet Hotel:** **Royal Hotel Regina**

4025 Albert Street, Regina, Sask. S4S 3R6

To book online, e-mail: [reservations.rhr@royalhotelgroup.ca](mailto:reservations.rhr@royalhotelgroup.ca)

Quote “Excel Athletika” till January 10.

Book Direct: (306) 586-6755 Toll-free: 1-800-853-1181

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 9** | | |  |  |  |
|  |  |  |  |  |  |  |  |
|  | **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 10** | | |  |  |  |
|  |  |  |  |  |  |  |  |
|  | **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 |  |  |  |  |  |

Do **NOT** enter both triathlon events. Choose either Speed **OR** Endurance.