

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

2. 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

3. 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.

4. 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

or

(306) 550-7080

5. 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.

6. 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.

7. Scratches

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

8. 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.

9. Meet Hotel: Royal Hotel Regina

4025 Albert Street, Regina, Sask. S4S 3R6

To book online, e-mail: reservations.rhr@royalhotelgroup.ca

Quote "Excel Athletika" till January 10.

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

10. Awards: Gold, Silver and Bronze Regina Indoor medallions.

11. 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.

12. **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	8:45pm	U16 Girls	High Jump
	U18 Boys	1500m		U16 Girls	Shot Put
	U20 & Sr. Women	1500m		Masters M&W	Shot Put
	U20 & Sr. Men	1500m			
	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			
		4x100m			
	U20 & Sr. Men				

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