**2024 Saskatchewan Provincial Track & Field Championships**

**U16/U18 Trials Meet**

**Canada Games Athletic Complex**

**Regina, Saskatchewan**

# **June 15th - 16th, 2024**

 

# Sponsored by: Excel Athletika

Sanctioned by: Saskatchewan Athletics

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

Second event: $25.00

Additional events: $20.00 per event.

1. 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:

* 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

3. **Age Classes:**

* **Senior**: 20 and older as of Dec. 31, 2024 (born in 2004 or earlier)
* **U20:** Under 20as of Dec. 31, 2024 (born in 2005 or 2006)
* **U18**: Under 18 as of Dec. 31, 2024 (born in 2007 or 2008)
* **U16**: Under 16 as of Dec. 31, 2014 (born in 2009 or 2010)
* **U14:** Under 14 as of Dec. 31, 2024 (born in 2011 or 2012)
* **U12:** Under 12 as of Dec. 31, 2024 (born in 2013 or 2014)
* **Masters**: 35 and over as of the day of the meet (born June 15, 1989 or earlier).

4. **Scratches:** Please report scratches 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. **Entry Deadline:** The entry deadline for the meet is:

**6:00 p.m. MT, Friday, June 7, 2024**

All competitors must submit entries with the **Trackie Registration System.**

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

<https://www.trackie.com/event/sask-provincial-outdoor-championships-and-trials-meet/1009698/>

**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. **Registration:** Canada Games Athletic Complex

8:00 A.M., Saturday, June 15 First Event: 9:00 A.M.

8:00 A.M., Sunday, June 16 First Event: 9:00 A.M.

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

**Meet Hotel**: Royal Hotel

4025 Albert Street

Regina S4S 3R6

Phone: 306-586-6755 or 1-800-853-1181

E-mail: reservation.rhr@royalhotelgroup.ca

Quote 061424TFP when making reservations to receive the meet rate.

**Cost**: $139.00 plus taxes per room. Complimentary hot breakfast and parking.

Rooms will be held until May 17, 2024.

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.

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|  |  |  | **SATURDAY, June 15, 2024** | |  |  |  |
|  |  |  |  |  |  |  |  |
|  | **Track** |  | **Throws** |  | **Vertical Jumps** |  | **Horizontal Jumps** |
| **9:00 AM** | 3Km S/C - All | **9:00 AM** | Hammer - Men | **9:00 AM** | High Jump - U18G | **9:00 AM** | Long Jump - U14B |
| **9:30 AM** | 2Km S/C - All |  | Shot - U12M |  | Pole Vault - SenM/U20M |  |  |
| **10:00 AM** | 1500m S/C - All | **10:00 AM** | Hammer - Women | **11:00 AM** | High Jump - U16G | **10:00 AM** | Long Jump - SeniorM/U20M |
| **10:50 AM** | 60m/80m Heats |  | Shot - U12W/U14W |  |  |  |  |
| **11:10 AM** | 100m Heats | **11:00 AM** | Shot - U14M |  |  | **11:00 AM** | Long Jump – Masters M & W |
| **11:20 AM** | 60m/80m Finals |  | Ball Throw - U12M/U12W |  |  |  |  |
| **11:40 AM** | 100m Finals |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  | **LUNCH** |  |  |  |  |
| **1:00 PM** | Sprint Hurdles - Heats | **1:00 PM** | Shot - Master/Senior/U20 M | **1:00 PM** | High Jump - Sen/U20W | **1:00 PM** | Long Jump - U12B |
| **1:45 PM** | Sprint Hurdles - Finals |  | Discus - U14W/U16W/U18W |  | Pole Vault - U18/U16M |  | Triple Jump - U18/U16W |
| **2:15 PM** | 400m - Timed Finals | **2:00 PM** | Shot - U16M | **2:30 PM** | High Jump - U14G | **2:00 PM** | Long Jump - U16M |
| **3:15 PM** | 1000m/1200m/1500m | **3:00 PM** | Discus - SeniorW/U20W/MasterW | **3:30 PM** | High Jump - U12G |  | Triple Jump - Senior/U20W |
|  |  | **4:00 PM** | Shot - U18M |  |  | **3:00 PM** | Long Jump - U18M |

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|  |  |  | **SUNDAY, June 16, 2024** | |  |  |  |
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|  | **Track** |  | **Throws** |  | **Vertical Jumps** |  | **Horizontal Jumps** |
| **9:00 AM** | 2KM/3Km/5Km | **9:00 AM** | Javelin - MasterM/SeniorM/U20 M | **9:00 AM** | High Jump - U14B | **9:00 AM** | Long Jump - U12G |
| **10:30 AM** | 150m/200m Heats |  | Shot - U16W |  | Pole Vault - U18/U16G |  | Triple Jump - U18M |
| **11:15 AM** | 150m/200 m Finals | **10:00 AM** | Shot - MasterW/SeniorW/U20 W | **10:00 AM** | High Jump - Masters M/W | **10:00 AM** | Long Jump - U16W |
|  |  |  | Javelin - U14W/U16W/U18W |  |  |  | Triple Jump - U16M |
|  |  | **11:00 AM** | Discus - U20M/Senior M/ MastersM | **11:00 AM** | HIgh Jump - U12B | **11:00 AM** | Long Jump - U14G |
|  |  |  | Shot - U18W |  |  |  |  |
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|  |  |  | **LUNCH** |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **1:00 PM** | 200m/300m/400m Hurdles | **1:00 PM** | Javelin - U14M/U16M/U18M | **1:00 PM** | Pole Vault - Senior/U20W | **1:00 PM** | Triple Jump - Masters W/M |
| **1:45 PM** | 600m/800m |  | Discus - U16M/U18M |  | High Jump - Sen/U20M |  | Long Jump - Senior/U20W |
| **2:30 PM** |  | **2:00 PM** | Javelin - Master/Senior/U20 W |  |  |  |  |
|  |  |  |  | **2:00 PM** | High Jump - U16B | **2:00 PM** | Long Jump - U18W |
|  |  |  |  | **3:00 PM** | High Jump - U18M |  | Triple Jump - Senior/U20M |