**REGINA FRIENDSHIP GAMES**

REGINA SPORTSPLEX

1717 Elphinstone Street

Regina, Saskatchewan

Saturday, December 7, 2024

Sponsored by: Excel Athletika

Sanctioned by: Saskatchewan Athletics

1. **Entry Fee**: First event: $30.00

Second event: $30.00

Third event: $30.00

Additional events: $25.00 per event

Triathlon: $40.00

1. **Eligibility**: Saskatchewan athletes must be registered with Saskatchewan Athletics prior to the competition. Out-of-province athletes must be registered with the sports governing body in their province. Saskatchewan athletes can purchase a membership at:

<https://athleticsreg.ca/#!/memberships/saskatchewan-athletics-2025-membership>

1. **Age Classes**:

Senior: 20 and older as of Dec. 31, 2024 (born 2004 or earlier)

U20: Under 20 as of Dec. 31, 2024 (born 2005 - 2006)

U18: Under 18 as of Dec. 31, 2024 (born 2007 - 2008)U16: Under 16 as of Dec. 31, 2024 (born 2009 - 2010)

U14: Under 14 as of Dec. 31, 2024 (born 2011 - 2012)U12: Under 12 as of Dec. 31, 2024 (born 2013 or later)

Masters: 35 years and older as of the day of the meet

1. **Awards**: Medallions to the top three finishers in each event including finishers in each individual triathlon event.
2. **Scratches:** Please report scratches in lane races to the meet office as soon as possible.
3. **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.
4. **Meet Hotel:** **ROYAL HOTEL**

4025 Albert Street

Rate: $139.00 plus tax per night including breakfast and parking

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

Quote block code: 120624TFP

Book Direct: 1-800-853-1181

Booking Deadline: November 15, 2024

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

12:00 P.M., Saturday, December 9, 2023

First Event: 1:00 P.M.

1. **Entry Deadline**: 6:00 PM CST, Monday, December 2, 2024

**PLEASE NOTE**

**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/larmer-friendship-games/1016315/>

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. **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 insure 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 database from Laura at Sask Athletics.

12**. Tentative Schedule of Events**:

The final schedule will be posted on the Excel Athletika and Sask. Athletics website on Wednesday, December 4, 2024.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Event** |  | **Time** | **Event** |  |  |  |
| 1:00 | U20 & Sr. Men 60mH-Heats | |  | **Long Jump/Triple Jump** | | |  |
| 1:10 | U18 Men 60mH | | 1:00 | U14 Girls and Boys Triathlon LJ | | | |
| 1:20 | U20 & Sr. Women 60mH-Heats | | 2:30 | U12 Girls and Boys Triathlon LJ | | | |
| 1:25 | U16 Boys 60mH | | 3:30 | U16, U18, U20, Sr., Masters Men LJ | | | |
| 1:35 | U16 Girls 60mH | | 4:30 | U16, U18, U20, Sr., Masters Women LJ | | | |
| 1:40 | U18 Girls 60mH | |  |  |  |  |  |
| 1:45 | U14 Girls and Boys 60mH | | 6:30 | Triple Jump - All | |  |  |
| 1:55 | Sr. Women 60mH-Final | |  |  |  |  |  |
| 2:00 | Sr. Men 60mH-Final | |  |  |  |  |  |
| 2:10 | Relays |  |  | **High Jump/Pole Vault** | | |  |
| 2:30 | U20 & Sr Women 60m Heats | | 1:00 | U16, U18, U20, Sr., Women HJ | | | |
| 2:40 | U20 & Sr Men 60m Heats | | 1:30 | Pole Vault - All | |  |  |
| 2:50 | U16 Girls 60m | | 2:00 | U16, U18 Men HJ | |  |  |
| 3:00 | U16 Boys 60m | | 2:45 | U20, Sr., Men HJ | |  |  |
| 3:10 | U18 Girls 60m | | 3:45 | Masters Men & Women HJ | | |  |
| 3:20 | U18 Boys 60m | | 4:30 | U12 Boys and Girls HJ | | |  |
| 3:30 | Masters 60m | | 6:30 | U14 Boys and Girls HJ | | |  |
| 3:40 | U20 & Sr Women 60m Final | |  |  |  |  |  |
| 3:50 | U20 & Sr Men 60m Final | |  |  |  |  |  |
| 3:55 | Sr Women 400m Final | |  | **Shot Put/Weight Throw** | | |  |
| 4:00 | Sr Men 400m Final | | 1:00 | U12 Boys & Girls Triathlon SP | | | |
| 4:05 | Sr. Men 800m | | 2:15 | U16, U18, U20, Sr., Masters,  Women SP, W/C W&M SP | | | |
| 4:10 | Sr. Women 800m | | 3:00 | U14 Boys & Girls Triathlon SP | | | |
| 4:15 | Masters & U16 Girls 800m | | 4:30 | U16, U18, U20, Sr., Masters Men SP | | | |
| 4:20 | U12 Girls & Boys Triathlon 60m | |  |  |  |  |  |
| 4:25 | U12 Girls & Boys Triathlon 600m | | 6:30 | Weight Throw - All | | |  |
| 4:30 | U16 Boys 800m | |  |  |  |  |  |
| 4:35 | U18 Girls 800m | |  |  |  |  |  |
| 4:45 | U14 Girls & Boys Triathlon 800m | |  |  |  |  |  |
| 4:55 | U14 Girls & Boys Triathlon 60m | |  |  |  |  |  |
| 5:00 | Supper Break | |  |  |  |  |  |
| 5:45 | U18 Boys 800m | |  |  |  |  |  |
| 5:50 | U20 & Sr. Women 800m | |  |  |  |  |  |
| 5:55 | U20 & Sr. Men 800m | |  |  |  |  |  |
| 6:00 | U16 Girls 200m | |  |  |  |  |  |
| 6:05 | U16 Boys 200m | |  |  |  |  |  |
| 6:10 | U18 Girls 200m | |  |  |  |  |  |
| 6:15 | U18 Boys 200m | |  |  |  |  |  |
| 6:20 | U20 Women 200m | |  |  |  |  |  |
| 6:25 | U20 Men 200m | |  |  |  |  |  |
| 6:30 | Senior Women 200m | |  |  |  |  |  |
| 6:35 | Senior Men 200m | |  |  |  |  |  |
| 6:40 | Masters 200m | |  |  |  |  |  |
| 6:45 | U12 Girls & Boys 1000m | |  |  |  |  |  |
| 6:55 | U14 Girls & Boys 1200m | |  |  |  |  |  |
| 7:00 | U16 Girls & Boys 1200m | |  |  |  |  |  |
| 7:10 | Masters & U18 Girls 1500m | |  |  |  |  |  |
| 7:15 | U18 Boys 1500m | |  |  |  |  |  |
| 7:25 | U20 & Sr. Women 1500m | |  |  |  |  |  |
| 7:30 | U20 & Sr. Men 1500m | |  |  |  |  |  |
| 7:40 | Men and Women 3000m | |  |  |  |  |  |