**2025 Regina Indoor Games**

**Sask. U12 & U14 Provincial Championships**

Regina Sportsplex

1717 Elphinstone Street

Regina, Saskatchewan

February 7 & 8, 2025

Sponsored by: Excel Athletika

Sanctioned by: Saskatchewan Athletics

1. **Entry Fees**

Individual Events: 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. **Entry Deadline**: 6:00 PM CST, Monday, February 3, 2025
2. **Trackie Registration:** Please paste the following URL into your browser:

<https://www.trackie.com/event/2025-regina-indoor-games/1018119/>

**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 7, 2025 First Event: 5:00 P.M.

8:00 A.M., Saturday, February 8, 2025 First Event: 9:00 A.M.

1. **Age Classes**
2. U12: Under 12 as of Dec. 31, 2025 (born in 2014 or later)
3. U14: Under 14 as of Dec. 31, 2025 (born in 2012 or 2013)
4. U16: Under 16 as of Dec. 31, 2025 (born in 2010 or 2011)
5. U18: Under 18 as of Dec. 31, 2025 (born in 2008 or 2009)
6. U20: Under 20 as of Dec. 31, 2025 (born in 2006 or 2007)
7. Senior: 20 and older as of Dec. 31, 2025 (born in 2005 or earlier)
8. Masters: 35 & over as of the first day of the meet.
9. Special O: 12 & over as of the first day of the meet.
10. Para: 15 & 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 Friday, 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

Triathlon Endurance athletes use the division codes T12E and T14E

**Please ensure that the spelling of your athlete names and club names are identical to those in the Sask Athletics database.** If you are unsure, get a copy of your information from Laura at Sask Athletics at 306-664-6744.

If athletes wish to compete under a team affiliation, the team must be registered in the PSGB database (Sask. Athletics for Sask. athletes).

1. **Tentative Schedule of Events:** Please remember that times are **subject to change** based on the number of entries received.

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|  |  | **Friday, February 7** | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  | **Track** |  |  |  | **Field** |  |  |  |
| 5:00pm | 60mH - Heats |  |  | 5:00pm | U16 Boys | Long Jump |  |  |
|  |  |  |  |  | U20 & Sr. W | Shot Put |  |  |
|  |  |  |  |  | U18 Girls | Shot Put |  |  |
|  |  |  |  |  | U20 & Sr. M | Long Jump |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| 5:30pm | 4 x 100m |  |  | 5:30pm | U16 Girls | Pole Vault |  |  |
|  |  |  |  |  | U18 Girls | Pole Vault |  |  |
|  |  |  |  |  | Ma W & M | Pole Vault |  |  |
|  |  |  |  |  | U12 Boys | High Jump |  |  |
|  |  |  |  |  | U12 Girls | High Jump |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  | **Supper Break** | |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| 7:00pm | 60mH - Finals |  |  | 7:00pm | U20 & Sr. M | Shot Put |  |  |
| 7:30pm | U12 Girls | 1000m |  |  | U14 Girls | High Jump |  |  |
|  | U12 Boys | 1000m |  |  | U18 Boys | Long Jump |  |  |
|  | U14 Girls | 1200m |  |  | U16 & U18 G | Triple Jump |  |  |
|  | U14 Boys | 1200m |  |  | U20 & Sr. W | Pole Vault |  |  |
|  | U16 Girls | 1200m |  |  |  |  |  |  |
|  | U16 Boys | 1200m |  | 8:00pm | U14 Boys | High Jump |  |  |
| 8:30pm | U18 Girls | 1500m |  |  | Ma W & M | High Jump |  |  |
|  | U18 Boys | 1500m |  |  | U20 & Sr. W | Triple Jump |  |  |
|  | U20 & Sr. Women | 1500m |  |  |  |  |  |  |
|  | U20 & Sr. Men | 1500m |  |  |  |  |  |  |
|  | Ma M & W | 1500m |  |  |  |  |  |  |
| 9:00pm | U16 Girls | 200m |  |  |  |  |  |  |
|  | U16 Boys | 200m |  | 8:45pm | U16 Girls | High Jump |  |  |
|  | U18 Girls | 200m |  |  | U16 Girls | Shot Put |  |  |
|  | U18 Boys | 200m |  |  | Ma M&W | Shot Put |  |  |
|  | U20 & Sr Women | 200m |  |  |  |  |  |  |
|  | U20 & Sr. Men | 200m |  |  |  |  |  |  |
|  | Ma W & M | 200m |  |  |  |  |  |  |
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|  |  | **Saturday, February 8** | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  | **Track** |  |  |  | **Field** |  |  |  |
|  |  |  |  |  |  |  |  |  |
| 9:00am | U16 Girls | 60m |  | 9:00am | U14, U16 G | Weight Throw |  |  |
|  | U16 Boys | 60m |  |  | U18 Girls | Weight Throw |  |  |
|  | Ma W & M | 60m |  |  | Ma M & W | Weight Throw |  |  |
|  | U18 Girls | 60m |  |  | U20 & Sr. W | Weight Throw |  |  |
|  | U18 Boys | 60m |  |  | U16 Girls | Long Jump |  |  |
|  | U20 & Sr. W | 60m |  |  | Ma W & M | Long Jump |  |  |
|  | U20 & Sr. M | 60m |  |  | U18 Girls | High Jump |  |  |
|  | Special O - W | 60m Spec O | |  | U12 Girls | Long Jump - Triathlon |  |  |
|  | Special O - M | 60m Spec O | |  | U20 & Sr. M | Pole Vault |  |  |
| 10:00am | U16 Girls | 800m |  |  | U16 Men | Pole Vault |  |  |
|  | U16 Boys | 800m |  |  | U18 Men | Pole Vault |  |  |
|  | U18 Girls | 800m |  | 9:45am | U14, U16 B | Weight Throw |  |  |
|  | U18 Boys | 800m |  |  | U18 Boys | Weight Throw |  |  |
|  | U20 & Sr W | 800m |  |  | U20 & Sr Men | Weight Throw |  |  |
|  | U20 & Sr. M | 800m |  | 10:00am | U12 Boys | Long Jump - Triathlon |  |  |
|  | Ma W & M | 800m |  |  | U20 & Sr. W | High Jump |  |  |
| 11:00am | U16 Girls | 60m |  |  |  |  |  |  |
|  | U16 Boys | 60m |  | 10:30am | U12 Girls | Shot Put - Triathlon |  |  |
|  | Ma W & M | 60m |  | 11:00am | U14 Girls | Long Jump - Triathlon |  |  |
|  | U18 Girls | 60m |  |  | U14 Boys | Long Jump - Triathlon |  |  |
|  | U18 Boys | 60m |  |  | U20 & Sr. M | High Jump |  |  |
|  | U20 & Sr. W | 60m |  |  | U18 Girls | Long Jump |  |  |
|  | U20 & Sr. M | 60m |  |  |  |  |  |  |
|  |  |  |  | 11:30am | Special O - W | Shot Put |  |  |
|  |  |  |  |  | Special O - M | Shot Put |  |  |
|  |  | **Lunch Break** | | |  |  |  |  |
| 1:00pm | U12 Girls | 60m - Triathlon | |  |  |  |  |  |
|  | U12 Boys | 60m - Triathlon | |  |  |  |  |  |
| 1:10pm | U12 Girls | 600m - Triathlon | | 1:00pm | U18 Boys | High Jump |  |  |
|  | U12 Girls | 600m |  |  | Special O - M | Long Jump |  |  |
| 1:20pm | U12 Boys | 600m - Triathlon | |  | Special O - W | Long Jump |  |  |
|  | U12 Boys | 600m |  |  | U20 & Sr. W | Long Jump |  |  |
|  | Special O - W | 200m | |  |  |  |  |  |
|  | Special O - M | 200m | | 1:15pm | U12 Boys | Shot Put - Triathlon |  |  |
| 1:40pm | U18 Girls |  |  |  |  |  |  |  |
|  | U18 Boys | 400m |  |  |  |  |  |  |
|  | U20 & Sr. Men | 400m |  |  |  |  |  |  |
|  | U20 & Sr. Women | 400m |  |  |  |  |  |  |
|  | Masters M & W | 400m |  | 1:45pm | U14 Girls | Shot Put - Triathlon |  |  |
| 2:00pm | U12 Girls | 150m |  |  |  |  |  |  |
|  | U12 Boys | 150m |  | 2:00pm | U16 Boys | High Jump |  |  |
|  | U14 Girls | 150m |  | 2:00pm | U20 & Sr M | Triple Jump |  |  |
|  | U14 Boys | 150m |  |  |  |  |  |  |
| 2:20pm | U16 Girls | 300m |  |  |  |  |  |  |
|  | U16 Boys | 300m |  |  |  |  |  |  |
| 2:30pm | U18 Girls | 400m |  |  |  |  |  |  |
|  | U18 Boys | 400m |  |  |  |  |  |  |
|  | U20 & Sr. Women | 400m |  | 2:30pm | U14 Boys | Shot Put - Triathlon |  |  |
|  | U20 & Sr. Men | 400m |  |  |  |  |  |  |
|  | Sr. Women | 400m Special O | |  |  |  |  |  |
|  | Sr. Men | 400m Special O | |  |  |  |  |  |
| 2:45pm | U16 Girls | 2000m |  |  |  |  |  |  |
|  | U16 Boys | 2000m |  |  |  |  |  |  |
| 3:05pm | U18 Girls | 3000m |  | 3:00pm | U16 & U18 B | Triple Jump |  |  |
|  | Ma W & M | 3000m |  |  |  |  |  |  |
| 3:15pm | U14 Girls | 60m - Triathlon | |  |  |  |  |  |
|  | U14 Boys | 60m - Triathlon | |  |  |  |  |  |
|  |  |  | | 3:15pm | U18 Boys | Shot Put |  |  |
|  |  |  | |  |  |  |  |  |
|  | U14 Girls | 800m - Triathlon | |  |  |  |  |  |
|  | U14 Girls | 800m |  |  |  |  |  |  |
|  | U14 Boys | 800m - Triathlon | |  |  |  |  |  |
|  | U14 Boys | 800m |  |  |  |  |  |  |
|  | U20 & Sr. W | 3000m |  |  |  |  |  |  |
|  | U18 Boys | 3000m |  |  |  |  |  |  |
|  | U20 & Sr. M | 3000m |  |  |  |  |  |  |
| 4:00pm | U18 Girls | 4x100m |  | 4:00pm | U16 Boys | Shot Put |  |  |
|  | U18 Boys | 4x100m |  |  |  |  |  |  |
|  | U20 & Sr. W | 4x100m |  |  |  |  |  |  |
|  | U20 & Sr. M | 4x100m |  |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Do **NOT** enter both triathlon events. Choose either Speed **OR** Endurance. | | | | | | | | |