**Regina Spring Classic**

**Track and Field Meet**

# CANADA GAMES TRACK AND FIELD FACILITY

Regina, Saskatchewan

Saturday, May 10, 2025

Sponsored by: Excel Athletika

Sanctioned by: Saskatchewan Athletics

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 at:

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

1. **Age Classes:** Age classes for all events are as follows:
* **Senior**: 20 and older as of Dec. 31, 2025 (born 2005 or earlier)
* **U20**: Under 20 as of Dec. 31, 2025 (born 2006 or 2007)
* **U18**: Under 18 as of Dec. 31, 2025 (born 2008 or 2009)
* **U16**: Under 16 as of Dec. 31, 2025 (born 2010 or 2011)
* **U14**: Under 14 as of Dec. 31, 2025 (born 2012 or 2013)
* **U12**: Under 12 as of Dec. 31, 2025 (born 2014 or later)
* **Masters**: 35 and over as of the day of the meet (born May 10, 1990 or earlier).
1. **Scratches:** Please report scratches in lane races to the meet office as soon as possible.
2. **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 that may be forfeited if the protest is disallowed.

1. **Entry Deadline:** The entry deadline for the meet is:

**6:00 p.m. MT, Monday, May 5, 2025**

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

 Second event: $30.00

 Third event: $30.00

 Additional events: $25.00 per event.

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

<https://www.trackie.com/event/regina-spring-classic/1019406/>

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

Direct inquiries to: jflangen@sasktel.net

orjflangen@sasktel.net

(306) 550-7080

1. **Bib Pick-up**: Douglas Park Track and Field Facility

 11:00 A.M., Saturday, May 10, 2025

First Event: 12:00 P.M.

1. Meet Hotel: Royal Hotel Regina

4025 Albert Street, Regina, Sask. S4S 3R6

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

 Room Rate: $139.00 plus taxes. Cutoff date – April 5, 2025

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

1. **Meet Structure**: Due to the large number of events and the limited amount of time,

events will be run as timed section finals. The only exception will be the 100 metres which may be run with heats and finals depending on the number of entries.

1. **Tentative Events and Schedule:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  **Track Events**  |  |  | **Field Events** |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 12:00pm | 4x100m | U12 Men |  | **High Jump Competitions** | **Pole Vault Competitions** |
|  | 4x100m | U12 Women |  | 2:00pm | U16 Women | 12:30pm | U16 Men |
| 12:05pm | 4x100m | U14 Men |  |  | U18 Women |  | U18 Men |
|  | 4x100m | U14 Women |  |  | U20 Women |  | U20 Men |
| 12:10pm | 4x100m | U16 Men |  |  | Senior Women |  | Senior Men |
|  | 4x100m | U16 Women |  | 3:00pm | U14 Women | 2:30pm | Masters Men |
| 12:15pm | 4x100m | U18 Men |  | 3:00pm | U14 Men |  | U16 Women |
|  | 4x100m | U18 Women |  |  | Masters Women |  | U18 Women |
| 12:20pm | 600m | U12 Men |  |  | Masters Men |  | U20/Senior Women |
|  | 600m | U12 Women |  | 3:45pm | U12 Women |  | Masters Women |
| 12:25pm | 800m | U14 Men |  |  | U12 Men |  |  |
|  | 800m | U14 Women |  | 4:30pm | U16 Men |  |  |  |
| 12:30pm | 800m | U16 Men |  |  |  | U18 Men |  |  |  |  |
|  | 800m | Masters Men |  |  | U20/Sr Men |  |  |  |  |
| 12:35pm | 800m | U16 Women |  |  |  |  |  |  |
|  | 800m | Masters Women |  | **Long Jump Competitions** | **Triple Jump Competitions** |
| 12:40pm | 800m | U18 Men |  |  | 12:10pm | U12 Women | 1:00pm | U14 Women |
|  | 800m | U20 Men |  |  |  | U12 Men |  | U14 Men |
|  | 800m | Senior Men |  | 2:00pm | U16 Men | 2:00pm | U16 Women |
| 12:45pm | 800m | U18 Women |  |  | U18 Men |  |  | U18 Women |
|  | 800m | U20 Women |  |  | U20/Sr Men |  |  | U20/Senior Women |
|  | 800m | Senior Women |  |  |  |  |  |
| 12:50pm | 60m | U12 Men |  |  | 4:00pm | U14 Women |  | Masters Women |
|  | 60m | U12 Women |  |  | U14 Men |  |  | Masters Men |
| 12:55pm | 80m | U14 Men |  |  |  | Masters Women | 3:00pm | U16 Men |
|  | 80m | U14 Women |  |  | Masters Men |  | U18 Men |
| 1:05pm | 100m | U16 Men |  |  | 5:30pm | U16 Women |  | U20/Senior Men |
|  | 100m | U18 Men |  |  |  | U18 Women |  |  |
|  | 100m | Masters Men |  |  | U20/Senior Women |  |  |  |
| 1:10pm | 100m | U20 Men  |  |  |  |  |
|  | 100m | Senior Men |  |  | **Shot Put Competitions** | **Javelin Competitions** |
| 1:15pm | 100m | U16 Women |  | 1:30pm | U12 Men | 12:45pm | U16 Men |
|  | 100m | U18 Women |  |  | U12 Women |  | U18 Men |
|  | 100m | U20 Women |  |  | U14 Men |  |  | U20/Senior Men |
|  | 100m | Senior Women |  |  | U14 Women |  |  |
| 1:20pm | 100m | Masters Women |  |  | Masters Women | 2:15pm | U16 Women |
| 1:30pm | 80m H | U14 Women |  |  | Masters Men |  | U18 Women |
|  | 80m H | U14 Men |  |  | 3:00pm | U16 Men |  |  | U20/Senior Women |
|  | 80m H | U16 Women |  |  | U18 Men |  |  |  |
| 1:35pm | 100m H | U18 Women |  |  | U20/Sr Men |  | 3:45pm | Masters Women |
|  | 100m H | U20 Women |  |  |  |  | Masters Men |
|  | 100m H | Senior Women |  | 3:45pm | U16 Women |  | U14 Men |
|  | 100m H | U16 Men |  |  |  | U18 Women |  | U14 Women |
| 1:50pm | 110m H | U18 Men |  |  |  | U20/Senior Women |  |  |  |
|  | 110m H | U20 Men |  |  |  |  |  |  |  |
|  | 110m H  | Senior Men |  | **Discus Competitions** | **Hammer Throw Competitions** |
| 2:00pm | 2000m | U16 Men |  |  | 12:00pm | U16 Women | 3:30pm | U16 Men |
|  | 2000m | U16 Women |  |  | U18 Women |  | U18 Men |
| 2:10pm | 3000m | U18/Mas Men |  |  | U20/Senior Women |  | U20/Senior Men |
|  | 3000m | U20/Senior Men |  |  | Masters Women |  | U16 Women |
|  | 3000m | U18/Ma Women |  |  |  |  |  |
|  | 3000m | U20/Sen Women |  | 2:00pm | Masters Men | 5:00pm | U18 Women |
| 2:25pm | 300m | U16 Men |  |  |  | U16 Men |  |  | U20 Women |
|  | 300m | U16 Women |  |  | U18 Men |  |  | Senior Women |
| 2:35pm | 400m | U18 Men |  |  |  | U20/SenMen |  |  | Masters Women |
|  | 400m | U20/Sen Men |  |  |  |  |  | Masters Men |
|  |  |  |  |  |  |  |  |  |  |
|  | 400m | Masters Men |  |  |  |  |  |  |  |
| 2:45pm | 400m | U18 Women |  |  |  |  |  |  |  |
|  | 400m | U20/Senior Women |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 400m | Masters Women |  |  |  |  |  |  |  |
| 3:20pm | 1000m | U12 Men |  |  |  |  |  |  |  |  |
|  | 1000m | U12 Women |  |  |  |  |  |  |  |
| 3:30pm | 1200m | U14 Men |  |  |  |  |  |  |  |  |
|  | 1200m | U16 Men |  |  |  |  |  |  |  |  |
| 3:55pm | 1200m | U14 Women |  |  |  |  |  |  |  |
|  | 1200m | U16 Women |  |  |  |  |  |  |  |
| 4:10pm | 1500m | U18 Men |  |  |  |  |  |  |  |  |
|  | 1500m | U20/Sen Men |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 1500m | U18 Women |  |  |  |  |  |  |  |
|  | 1500m | U20/Senior Women |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | 1500m | Masters Men |  |  |  |  |  |  |  |
|  | 1500m | Masters Women |  |  |  |  |  |  |  |
| 4:25pm | 150m | U12 Men |  |  |  |  |  |  |  |  |
|  | 150m | U12 Women |  |  |  |  |  |  |  |
| 4:30pm | 150m | U14 Men |  |  |  |  |  |  |  |  |
|  | 150m | U14 Women |  |  |  |  |  |  |  |
| 4:40pm | 200m | U16 Men |  |  |  |  |  |  |  |  |
|  | 200m | U18 Men |  |  |  |  |  |  |  |  |
| 4:50pm | 200m | U20/Sen Men |  |  |  |  |  |  |  |  |
|  | 200m |  |  |  |  |  |  |  |  |
|  | 200m | Masters Men |  |  |  |  |  |  |  |
| 5:00pm | 200m | U16 Women |  |  |  |  |  |  |  |
|  | 200m | U18 Women |  |  |  |  |  |  |  |
|  | 200m | Masters Women |  |  |  |  |  |  |  |
| 5:10pm | 200m | Open Women |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

**The final schedule will be posted on Wednesday, May 7 on the Sask Athletics and the Excel Athletika websites.**