



## Queen City Kinsmen Indoor Games

### Regina Sportsplex

1717 Elphinstone Street

Regina, Saskatchewan

February 12 & 13, 2010

Sponsored by: Excel Athletika

Sanctioned by: Saskatchewan Athletics

### 1. **Entry Fee**

The entry fee for all individual events will be \$15.00 per event. The entry fee for all combined (multiple) events will be \$30.00 per athlete. Relay teams are \$5.00 per team regardless of age. Late entry fee in all individual events will be \$25.00 per event. Late entry fee for multiple event competitors will be \$40.00 per athlete. Cheques and money orders should be made payable to:

### **Excel Athletika**

### 2. **Eligibility**

Athletes competing in the meet must obtain an Athletics Canada card prior to the competition. Saskatchewan athletes may obtain a card by writing to:

Saskatchewan Athletics  
2020 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. Please **do not** send day pass fees with your meet entry fees.

### 3. **Age Classes**

- Senior: 18 and older as of Dec. 31, 2010 (born 1992 or earlier)
- Junior: Under 20 as of Dec. 31, 2010 (born 1991 or 1992)
- Juvenile: Under 18 as of Dec. 31, 2010 (born 1993 or 1994)
- Midget: Under 16 as of Dec. 31, 2010 (born 1995 or 1996)

- Bantam: Under 14 as of Dec. 31, 2010 (born 1997 or 1998)
- Pee Wee: Under 12 as of Dec. 31, 2010 (born 1999 or later)
- Masters: 35 & over as of the day of the event.

#### 4. **Scratches**

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

#### 5. **Late Entries**

Late entries will only be accommodated if space is available in the event. As well, late entries must be made one hour prior to the event start time especially in lane races.

#### 6. **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 \$20.00 deposit which is forfeited if the protest is disallowed.

#### 7. **Entry Deadline**

The entry deadline for the meet is:

**Friday, February 5, 2010**

Teams submitting entries with Hy-Tek's Team Manager may use a deadline extension until Monday, February 8, 2010. This extension should only be used if necessary. Hy-Tek Team Manager Lite may be downloaded free of charge from:

[www.hy-tek ltd.com/downloads.html](http://www.hy-tek ltd.com/downloads.html)

All entries submitted with an e-mail address will be confirmed by return e-mail.

Return completed forms with payment to:

James Langen  
744 Dalglish Drive  
Regina, Saskatchewan  
S4R 6G2

E-mail: [jflangen@sasktel.net](mailto:jflangen@sasktel.net) - preferred

Fax #: 306 543-3104

Entries must be made using the event codes attached. Accurate seed times are useful to place athletes in the appropriate section. Athletes without seed times are placed in the slowest sections.

8. **Registration:** Regina Sportsplex  
1717 Elphinstone Street  
4:00 P.M., Friday, February 12, 2010 First Event: 5:00 P.M.  
8:00 A.M., Saturday, February 13, 2010 First Event: 9:00 A.M.

9. **Schedule of Events:**

**Friday, February 12**

60 metres – Senior Only	Women's High Jump
150/200 metres	Men's Long Jump
600 metres	Women's Triple Jump
1200/1500 metres	Men's and Women's Weight Throw
4 x 200 metres	Triathlon – Pee Wee and Bantam

**Saturday, February 13**

60 metres – Age Class	Women's Long Jump
60 hurdles	Men's High Jump
300 metres – Timed Finals	Men's and Women's Pole Vault
400 metres	Men's Triple Jump
800 metres	Shot Put
1000 metres	Pentathlon – Women and Men
3000 metres	Medley Relays

The final schedule will be sent to all clubs providing an e-mail address.

10. **Awards**

Gold, Silver and Bronze medallions.

11. **Completing the entry form:**

Please take note of the following:

- Speed triathlon events consist of the 60 metres, Long Jump and Shot Put.
- Endurance triathlon events consist of the 800 metres, Long Jump and Shot Put.
- Junior events are provided when a specific implement weight or hurdle spacing/height is required. For all other events Junior athletes should enter the Senior category.
- Masters athletes throw age appropriate implements.
- Please complete the entry form carefully.

Event #	Event Name
1	Girls 14-15 60 Meter Run Midget
2	Boys 14-15 60 Meter Run Midget
3	Girls 16-17 60 Meter Run Juvenile
4	Boys 16-17 60 Meter Run Juvenile
5	Women 18-34 60 Meter Run Senior
6	Men 18-34 60 Meter Run Senior
7	Women 35-99 60 Meter Run Masters
8	Men 35-99 60 Meter Run Masters
9	Girls 10-11 150 Meter Run Pee Wee
10	Boys 10-11 150 Meter Run Pee Wee
11	Girls 12-13 150 Meter Run Bantam
12	Boys 12-13 150 Meter Run Bantam
13	Girls 14-15 200 Meter Run Midget
14	Boys 14-15 200 Meter Run Midget
15	Girls 16-17 200 Meter Run Juvenile
16	Boys 16-17 200 Meter Run Juvenile
17	Women 18-34 200 Meter Run Senior
18	Men 18-34 200 Meter Run Senior
19	Women 35-99 200 Meter Run Masters
20	Men 35-99 200 Meter Run Masters
21	Girls 16-17 400 Meter Run Juvenile
22	Boys 16-17 400 Meter Run Juvenile
23	Women 18-34 400 Meter Run Senior
24	Men 18-34 400 Meter Run Senior
25	Women 35-99 400 Meter Run Masters
26	Men 35-99 400 Meter Run Masters
27	Girls 10-11 600 Meter Run Pee Wee
28	Boys 10-11 600 Meter Run Pee Wee
29	Girls 12-13 800 Meter Run Bantam
30	Boys 12-13 800 Meter Run Bantam
31	Girls 14-15 800 Meter Run Midget
32	Boys 14-15 800 Meter Run Midget
33	Girls 16-17 800 Meter Run Juvenile
34	Boys 16-17 800 Meter Run Juvenile
35	Women 18-34 800 Meter Run Senior
36	Men 18-34 800 Meter Run Senior
37	Women 35-99 800 Meter Run Masters
38	Men 35-99 800 Meter Run Masters
39	Girls 10-11 1000 Meter Run Pee Wee
40	Boys 10-11 1000 Meter Run Pee Wee

Event #	Event Name
41	Girls 12-13 1200 Meter Run Bantam
42	Boys 12-13 1200 Meter Run Bantam
43	Girls 14-15 1200 Meter Run Midget
44	Boys 14-15 1200 Meter Run Midget
45	Girls 16-17 1500 Meter Run Juvenile
46	Boys 16-17 1500 Meter Run Juvenile
47	Women 18-34 1500 Meter Run Senior
48	Men 18-34 1500 Meter Run Senior
49	Women 35-99 1500 Meter Run Masters
50	Men 35-99 1500 Meter Run Masters
51	Girls 14-15 2000 Meter Run Midget
52	Boys 14-15 2000 Meter Run Midget
53	Girls 16-17 3000 Meter Run Juvenile
54	Boys 16-17 3000 Meter Run Juvenile
55	Women 18-34 3000 Meter Run Senior
56	Men 18-34 3000 Meter Run Senior
57	Women 35-99 3000 Meter Run Masters
58	Men 35-99 3000 Meter Run Masters
59	Girls 12-13 60 Meter Hurdles .76m Bantam
60	Boys 12-13 60 Meter Hurdles .76m Bantam
61	Girls 14-15 60 Meter Hurdles .76m Midget
62	Boys 14-15 60 Meter Hurdles .84m Midget
63	Girls 16-17 60 Meter Hurdles .76m Juvenile
64	Boys 16-17 60 Meter Hurdles .91m Juvenile
65	Men 18-19 60 Meter Hurdles .99m Junior
66	Women 18-34 60 Meter Hurdles .84m Senior
67	Men 18-34 60 Meter Hurdles 1.07m Senior
68	Women 35-99 60 Meter Hurdles Masters
69	Men 35-99 60 Meter Hurdles Masters
70	Girls 10-11 High Jump Pee Wee
71	Boys 10-11 High Jump Pee Wee
72	Girls 12-13 High Jump Bantam
73	Boys 12-13 High Jump Bantam
74	Girls 14-15 High Jump Midget
75	Boys 14-15 High Jump Midget
76	Girls 16-17 High Jump Juvenile
77	Boys 16-17 High Jump Juvenile
78	Women 18-34 High Jump Senior
79	Men 18-34 High Jump Senior
80	Women 35-99 High Jump Masters

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
81	Men 35-99 High Jump Masters	118	Women 18-34 Weight Throw 20lb Senior
82	Girls 14-15 Pole Vault Midget	119	Men 18-34 Weight Throw 35lb Senior
83	Boys 14-15 Pole Vault Midget	120	Women 35-99 Weight Throw 20lb Masters
84	Girls 16-17 Pole Vault Juvenile	121	Men 35-99 Weight Throw 20lb Masters
85	Boys 16-17 Pole Vault Juvenile	122	Girls 10-11 Triathlon Sprint Pee Wee
86	Women 18-34 Pole Vault Senior	123	Boys 10-11 Triathlon Sprint Pee Wee
87	Men 18-34 Pole Vault Senior	124	Girls 12-13 Triathlon Sprint Bantam
88	Women 35-99 Pole Vault Masters	125	Boys 12-13 Triathlon Sprint Bantam
89	Men 35-99 Pole Vault Masters	126	Girls 10-11 Triathlon Endurance Pee Wee
90	Girls 14-15 Long Jump Midget	127	Boys 10-11 Triathlon Endurance Pee Wee
91	Boys 14-15 Long Jump Midget	128	Girls 12-13 Triathlon Endurance Bantam
92	Girls 16-17 Long Jump Juvenile	129	Boys 12-13 Triathlon Endurance Bantam
93	Boys 16-17 Long Jump Juvenile	130	Girls 10-11 800 Sprint Medley Pee Wee
94	Women 18-34 Long Jump Senior	131	Boys 10-11 800 Sprint Medley Pee Wee
95	Men 18-34 Long Jump Senior	132	Girls 12-13 800 Sprint Medley Bantam
96	Women 35-99 Long Jump Masters	133	Boys 12-13 800 Sprint Medley Bantam
97	Men 35-99 Long Jump Masters	134	Girls 14-15 800 Sprint Medley Midget
98	Girls 14-15 Triple Jump Midget	135	Boys 14-15 800 Sprint Medley Midget
99	Boys 14-15 Triple Jump Midget	136	Girls 16-17 800 Sprint Medley Juvenile
100	Girls 16-17 Triple Jump Juvenile	137	Boys 16-17 800 Sprint Medley Juvenile
101	Boys 16-17 Triple Jump Juvenile	138	Women 18-34 300 Meter Dash Senior
102	Women 18-34 Triple Jump Senior	139	Men 18-34 300 Meter Dash Senior
103	Men 18-34 Triple Jump Senior	140	Women 35-99 300 Meter Run Masters
104	Women 35-99 Triple Jump Masters	141	Men 35-99 300 Meter Run Masters
105	Men 35-99 Triple Jump Masters	142	Women 18-34 600 Meter Run Senior
106	Girls 14-15 Shot Put 3kg Midget	143	Men 18-34 600 Meter Run Senior
107	Boys 14-15 Shot Put 4kg Midget	144	Women 18-34 1000 Meter Run Senior
108	Girls 16-17 Shot Put 4kg Juvenile	145	Men 18-34 1000 Meter Run Senior
109	Boys 16-17 Shot Put 5kg Juvenile	146	Women 18-34 Indoor Pentathlon Senior
110	Men 18-19 Shot Put 6kg Junior	147	Men 18-34 Indoor Pentathlon Senior
111	Women 18-34 Shot Put 4kg Senior	150	Women 18-34 4x200 Meter Relay Senior
112	Men 20-34 Shot Put 7.26kg Senior	151	Men 18-34 4x200 Meter Relay Senior
113	Women 35-99 Shot Put Masters	152	Women 18-34 4x400 Meter Relay Senior
114	Men 35-99 Shot Put Masters	153	Men 18-34 4x400 Meter Relay Senior
116	Girls 16-17 Weight Throw 20lb Juvenile	154	Women 18-34 4x800 Meter Relay Senior
117	Boys 16-17 Weight Throw 20lb Juvenile	155	Men 18-34 4x800 Meter Relay Senior



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**CLUB** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **POSTAL CODE** \_\_\_\_\_

**COACH'S NAME** \_\_\_\_\_ **TELEPHONE** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

Total Entry Fee Enclosed: \_\_\_\_\_

Mail entries to: James Langen  
744 Dalgliesh Drive  
Regina, Saskatchewan  
S4R 6G2

Fax #: 306 543-3104

Home: 306 545-7759

E-mail: [jflangen@sasktel.net](mailto:jflangen@sasktel.net)

Entry Deadline: Friday, February 5, 2010

