



**SASKATOON DOWNTOWN LIONS SLED DOG OPEN
INDOOR TRACK AND FIELD MEET
SASKATOON FIELD HOUSE
January 29 & 30, 2010**



**SPONSORED BY THE SASKATOON DOWNTOWN LIONS CLUB
HOSTED BY THE UNIVERSITY OF SASKATCHEWAN HUSKIE ATHLETICS
SANCTIONED BY THE SASKATCHEWAN ATHLETICS**

READ CAREFULLY

<http://prathletics.com>

READ CAREFULLY

1. The right to reject any entry is reserved.

2. Entries close midnight January 20, 2010. Return entries to:

Mail Paper Forms to:

Scott St. Pierre
420 7th Street East
Saskatoon, SK S7H 0X5

Email Word Document to:

(event file available on PR Athletics
event event management site)
(<http://prathletics.com>)
scott.st.pierre@usask.ca

Email Hy-Tek Team Manager file to:

(event file available on PR Athletics
management site)
(<http://prathletics.com>)

The entry deadline will be **STRICTLY** enforced. **NO PHONE ENTRIES OR FAX ENTRIES PLEASE.**
Those who email entries or use Hy-Tek Team Manager to send entries are expected to pay all entry fees at registration.

Entry Fees

Non-Hy-Tek Team Manger Users: \$20.00 for each individual event and relay team entered.
\$30.00 for each combined event.
Hy-Tek Team Manger Users: \$15.00 for each individual event and relay team entered.
\$25.00 for each combined event.

Hy-Tek Team Manager Lite is free and available at: <http://www.hy-tek ltd.com/downloads.html>

Make cheques payable to the University of Saskatchewan.

NOTE: A late entry fee double the original fee will be charged on entries received after January 20, 2010. We hope to discourage late entries and changes. **All changes from the submitted entry form will be treated as late entries.**

4. All Canadian entrants (except those competing only in school relays) must hold a 2010 Athletics Canada membership. All entries will be checked with the provincial database(s) to ensure that they are members. Memberships for Saskatchewan athletes may be obtained by mail from:

Saskatchewan Athletics
2020 College Avenue
Saskatoon, SK S7N 2W4
Phone: (306) 664-6744 FAX: (306) 664-6761

DO NOT SEND MONEY FOR MEMBERSHIPS OR DAY MEMBERSHIPS WITH THE ENTRY.

5. Saskatchewan athletes who are not members of clubs affiliated with Saskatchewan Athletics will be shown as unattached on event sheets and in the meet results. Contact Saskatchewan Athletics if you wish to form a club.

6. Athletes must appear in proper uniforms.

7. **REGISTRATION.** In the main entrance of the Field House.

Friday, January 29, 2010

5:00 p.m. - 9:00 p.m.

Saturday, January 30, 2010

8:00 a.m. - 2:00 p.m.

**COACHES MUST PAY ENTRY FEES AND REGISTER THEIR ENTIRE CLUB THESE TIMES.
WE ARE ONLY CHARGING ADMISSION TO ADULTS SO MOST ATHLETES WILL NOT NEED
PASSES. UNIVERSITY CAN SHOW THEIR NUMBER TO ENTER**



8. AWARDS: Medals will be presented to the top three finishers in each event. Medals will be presented to the overall top three scorers in the triathlon.

9. All Saskatchewan Athletics Hurdle and Throws specifications will be followed.

10. The board in Triple Jump will be 11 metres from the pit for men and 9 metres from the pit for women. **Those who cannot reach the pit from these boards should not enter.**

11. The track is 200 metres flat (Six lanes with eight on the straight).

12. Spikes longer than 5mm for track events and 7 mm for jumping events and spikes with large shoulders that would damage the track may not be worn. Minimum spike length is 3mm. Sharp pin spikes only. No cones, inserts or elements allowed.

15. Combined Events:
Triathlon - (S.P., L.J., 60m)

NOTE: Competitors who fail to compete in an event in the Triathlon will be eliminated from the scoring and awards.

16. Athletes should compete in their own age class only, with the exception that an athlete may advance to a higher age class for an event provided that this event is not scheduled in his(her) own age class.

17. DEADLINE FOR LATE ENTRIES AND CHANGES:

For Friday – Thursday, January 28nd at NOON.

For Saturday – Friday, January 29rd at 8pm.

20. Meet Hotels:
Quote Huskie Athletics when booking

Radisson Hotel Saskatoon
405 20th Street East,
Saskatoon, SK, S7K 6X6
(306) 665-3322

Saskatoon Inn Hotel & Conference Centre
2002 Airport Drive
Saskatoon, SK, S7L 6M4
(306) 242-1440

21. **TENTATIVE SCHEDULE, BASED ON 2009 ENTRIES IS ATTACHED**



Male Event Code #'s

Event Name	Event Name	Event Name	Event Name
2 60 M Midget	32 1500 M Juvenile	62 High Jump Juvenile	92 Triathlon Peewee
4 60 M Juvenile	34 1500 M Junior	64 High Jump Junior	94 Triathlon Bantam
6 60 M Junior	36 1500 M Senior	66 High Jump Senior	96 60 Mixed Wheelchair
8 60 M Senior	38 60 M Hurdles 30" Bantam	68 Pole Vault Junior	98 200 Mens Wheelchair
10 300 M Juvenile	40 60 M Hurdles 36" Midget	70 Pole Vault Senior	100 400 Mixed Wheelchair
12 300 M Junior	42 60 M Hurdles 39" Juvenile	72 Long Jump Midget	102 60 Mixed Masters
14 300 M Senior	44 60 M Hurdles 39" Junior	74 Long Jump Juvenile	104 800 Mixed Masters
16 600 M Juvenile	46 60 M Hurdles 42" Senior	76 Long Jump Junior	106 Mile Mixed Masters
18 600 M Junior	48 4x100 M Relay Midget	78 Long Jump Senior	108 60 M Special "O"
20 600 M Senior	50 4x100 M Relay Junior	80 Triple Jump Senior	110 Long Jump Special "O"
22 1000 M Bantam	52 4x100 M Relay Senior	82 Shot Put 4 kg Midget	112 Shot Put Special "O"
24 1000 M Juvenile	54 4x400 M Relay Junior	84 Shot Put 5 kg Juvenile	
26 1000 M Junior	56 4x400 M Relay Senior	86 Shot Put 6 kg Junior	
28 1000 M Senior	58 4x800 M Relay Senior	88 Shot Put 16 lb Senior	
30 1500 M Midget	60 High Jump Midget	90 Weight Throw 35 lb Senior	

Female Event Code #'s

Event Name	Event Name	Event Name	Event Name
1 60 M Midget	31 1500 M Juvenile	61 High Jump Juvenile	91 Triathlon Peewee
3 60 M Juvenile	33 1500 M Junior	63 High Jump Junior	93 Triathlon Bantam
5 60 M Junior	35 1500 M Senior	65 High Jump Senior	96 60 Mixed Wheelchair
7 60 M Senior	37 60 M Hurdles 30" Bantam	67 Pole Vault Junior	97 200 Womens Wheelchair
9 300 M Juvenile	39 60 M Hurdles 30" Midget	69 Pole Vault Senior	100 400 Mixed Wheelchair
11 300 M Junior	41 60 M Hurdles 33" Juvenile	71 Long Jump Midget	102 60 Mixed Masters
13 300 M Senior	43 60 M Hurdles 33" Junior	73 Long Jump Juvenile	104 800 Mixed Masters
15 600 M Juvenile	45 60 M Hurdles 33" Senior	75 Long Jump Junior	106 Mile Mixed Masters
17 600 M Junior	47 4x100 M Relay Midget	77 Long Jump Senior	107 60 M Special "O"
19 600 M Senior	49 4x100 M Relay Junior	79 Triple Jump Senior	109 Long Jump Special "O"
21 1000 M Bantam	51 4x100 M Relay Senior	81 Shot Put 4 kg Midget	111 Shot Put Special "O"
23 1000 M Juvenile	53 4x400 M Relay Junior	83 Shot Put 4 kg Juvenile	
25 1000 M Junior	55 4x400 M Relay Senior	85 Shot Put 4 kg Junior	
27 1000 M Senior	57 4x800 M Relay Senior	87 Shot Put 4 kg Senior	
29 1500 M Midget	59 High Jump Midget	89 Weight Throw 20 lb Senior	

AGE CLASSES

Peewee	(Born 1999 or later)
Bantam	(Born 1997 or 1998)
Midget	(Born 1995 or 1996)
Juvenile	(Born 1993 or 1994)
Junior	(Born 1991 or 1992)
Senior	(Born 1990 or earlier)
Masters (Men & Women)	35 & over on the day of the race

ENTRY OF PERFORMANCES ON ENTRY FORMS

When entering performances on entry forms, use the following format (PUNCTUATION IS IMPORTANT).

FIELD EVENTS

m.cm

HAND TIME TRACK EVENTS

m.ss.t

FULLY AUTOMATIC TIMES TRACK EVENTS

m.ss.th



**2010 Downtown Lions Sled Dog Track & Field Meet
TENTATIVE SCHEDULE BASED ON 2009 ENTRIES**

Session 11: - Friday Elem School Heats

4:00 PM	Girls 4x100 Meter Relay U11 Elem	23 Prelims	
5:00 PM	Boys 4x100 Meter Relay U11 Elem	19 Prelims	
6:00 PM	Girls 4x100 Meter Relay U13 Elem	27 Prelims	
7:00 PM	Boys 4x100 Meter Relay U13 Elem	21 Prelims	
8:00 PM	Girls 4x100 Meter Relay U15 Elem	13 Prelims	
8:30 PM	Boys 4x100 Meter Relay U15 Elem	12 Prelims	

Session: 12 Friday Evening Track

9:00 PM	Women 1000 Meter Senior	Finals	10
9:05 PM	Women 1000 Meter Junior	Finals	2
9:05 PM	Women 1000 Meter Juvenile	Finals	7
9:10 PM	Men 1000 Meter Senior	Finals	6
9:15 PM	Men 1000 Meter Junior	Finals	3
9:15 PM	Men 1000 Meter Juvenile	Finals	3
9:20 PM	Men 1 Mile Masters	Finals	5
9:20 PM	Women 1 Mile Masters	Finals	1
9:30 PM	Women 300 Meter Juvenile	2 Finals	10
	Men 300 Meter Juvenile	2 Finals	7
9:43 PM	Women 300 Meter Junior	1 Final	5
	Men 300 Meter Junior	2 Finals	8
9:52 PM	Women 300 Meter Senior	1 Final	4
	Men 300 Meter Senior	4 Finals	16
10:07 PM	Women 4x800 Meter Relay Senior	Finals	1
10:07 PM	Men 4x800 Meter Relay Senior	Finals	3

Session: 2 Sat Morning Track

10:00 AM	7 Girls 1500 Meter Midget & Juvenile	Finals	3+
10:07 AM	7 Boys 1500 Meter Midget	Finals	9
10:14 AM	9 Men 1500 Meter Juvenile	Finals	7
10:25 AM	0 Men 60 Meter Masters	Final	1
10:25 AM	5 Women 60 Meter Masters	Final	1
10:30 AM	0 Men 60 Meter Special O	Final	1
10:30 AM	5 Women 60 Meter Special O	Final	6
10:35 AM	8 Girls 60 Meter Midget	3 Prelims	19
10:44 AM	10 Boys 60 Meter Midget	3 Prelims	12
10:53 AM	10 Women 60 Meter Juvenile	3 Prelims	12
11:02 AM	10 Men 60 Meter Juvenile	2 Prelims	13
11:08 AM	10 Men 60 Meter Senior	3 Prelims	24
11:17 AM	15 Women 60 Meter Senior	2 Prelims	8
11:23 AM	16 Triathlon Girls 60 Meter Bantam	4 Finals	31
11:35 AM	6 Triathlon Boys 60 Meter Bantam	2 Finals	16
11:41 AM	6 Triathlon Girls 60 Meter Peewee	2 Finals	7
11:47 AM	12 Triathlon Boys 60 Meter Peewee	1 Final	11
11:53 AM	Mixed 800m Masters	Final	2+4

Session: 3 Sat Afternoon Track

1:00 PM	5 Men & Women 60 Meter Wheel Chair	Finals	3+3
1:05 PM	3 Girls 60 Meter Midget	Finals	
1:08 PM	3 Boys 60 Meter Midget	Finals	
1:11 PM	3 Women 60 Meter Juvenile	Finals	
1:14 PM	11 Men 60 Meter Juvenile	Finals	
1:17 PM	3 Women 60 Meter Junior	Finals	3
1:20 PM	3 Men 60 Meter Junior	Finals	3
1:23 PM	3 Women 60 Meter Senior	Finals	
1:26 PM	3 Men 60 Meter Senior	Finals	
1:37 PM	3 Women 200 Meter Wheel Chair Senior	Finals	3
1:40 PM	9 Men 200 Meter Wheel Chair Senior	Finals	3
1:43 PM	5 Women 600 Meter Juvenile	Finals	10
1:48 PM	5 Men 600 Meter Juvenile	Finals	0
1:53 PM	4 Women 600 Meter Senior	Finals	8
1:53 PM	0 Women 600 Meter Junior	Finals	2
1:57 PM	4 Men 600 Meter Senior	Finals	7
1:57 PM	0 Men 600 Meter Junior	Finals	0
2:06 PM	10 Girls 1000 Meter Bantam	Finals	4
2:16 PM	10 Boys 1000 Meter Bantam	Finals	4
2:26 PM	7 Women 1500 Meter Junior & Senior	Finals	5+9
2:33 PM	13 Men 1500 Meter Junior & Senior	Finals	5+8
2:40 PM	10 Men & Women 400 Meter Wheel Chair	Finals	2+3
2:55 PM	10 Women 60 Meter Hurdles 33" Senior	Prelims	9
3:05 PM	10 Boys 60 Meter Hurdles 30" Bantam	Finals	2
3:05 PM	0 Girls 60 Meter Hurdles 30" Bantam	Finals	3
3:15 PM	10 Girls 60 Meter Hurdles 30" Midget	Finals	6
3:25 PM	10 Women 60 Meter Hurdles 30" Juvenile	Finals	6
3:35 PM	5 Women 60 Meter Hurdles 33" Junior	Finals	4
3:40 PM	5 Women 60 Meter Hurdles 33" Senior	Finals	
3:45 PM	10 Boys 60 Meter Hurdles 36" Midget	Finals	6
3:55 PM	10 Men 60 Meter Hurdles 39" Jun & 36" Juv	Finals	1
4:05 PM	10 Men 60 Meter Hurdles 42" Senior	Finals	7

Session: 4 Sat Evening Track

5:00 PM	20 Girls 4x100 Meter Relay U11 Elem	8 Semis	
5:20 PM	25 Boys 4x100 Meter Relay U11 Elem	8 Semis	
5:40 PM	9 Girls 4x100 Meter Relay U11 Elem	3 Finals	
5:49 PM	9 Boys 4x100 Meter Relay U11 Elem	3 Finals	
5:58 PM	10 Girls 4x100 Meter Relay Midget	Finals	6
6:08 PM	5 Boys 4x100 Meter Relay Midget	Finals	3
6:15 PM	20 Girls 4x100 Meter Relay U13 Elem	8 Semis	
6:35 PM	25 Boys 4x100 Meter Relay U13 Elem	8 Semis	
6:55 PM	9 Girls 4x100 Meter Relay U13 Elem	3 Finals	
7:04 PM	9 Boys 4x100 Meter Relay U13 Elem	3 Finals	
7:13 PM	5 Women 4x100 Meter Relay Junior	Finals	4
7:18 PM	5 Men 4x100 Meter Relay Senior	Finals	1
7:33 PM	10 Girls 4x100 Meter Relay U15 Elem	4 Semis	
7:45 PM	20 Boys 4x100 Meter Relay U15 Elem	4 Semis	
7:57 PM	Men 4x400 Meter Relay Senior	Finals	1
8:05 PM	6 Girls 4x100 Meter Relay U15 Elem	2 Finals	
8:11 PM	6 Boys 4x100 Meter Relay U15 Elem	2 Finals	

**2010 Downtown Lions Sled Dog Track & Field Meet
TENTATIVE SCHEDULE BASED ON 2009 ENTRIES**

Session: 11 Friday Evening Field

8:30 PM	Women Shot Put 4 kg Junior	Finals	2
8:30 PM	Women Shot Put 4 kg Senior	Finals	13
8:30 PM	Men High Jump Junior	Finals	1
8:30 PM	Men High Jump Senior	Finals	4
8:30 PM	Women Long Jump Junior	Finals	4
8:30 PM	Women Long Jump Senior	Finals	8
9:00 PM	Women Pole Vault Junior	Finals	6
9:00 PM	Women Pole Vault Senior	Finals	5
9:30 PM	Men Shot Put 6 kg Junior	Finals	5
9:30 PM	Men Shot Put 7.26 kg Senior	Finals	8
9:30 PM	Women High Jump Junior	Finals	4
9:30 PM	Women High Jump Senior	Finals	7
9:30 PM	Men Long Jump Junior	Finals	3
9:30 PM	Men Long Jump Senior	Finals	7

Session: 21 Sat Morning Field

9:00 AM	Triathlon Girls Long Jump Bantam	Finals	31
9:00 AM	Triathlon Boys Shot Put 6 lb Bantam	Finals	16
9:30 AM	Girls High Jump Midget	Finals	8
9:45 AM	Triathlon Boys & Girls Long Jump Peewee	Finals	7+11
9:45 AM	Triathlon Girls Shot Put 6 lb Bantam	Finals	31
10:30 AM	Triathlon Boys Long Jump Bantam	Finals	16
10:30 AM	Triathlon Boys & Girls Shot Put 6 lb Peewee	Finals	7+11
11:00 AM	Boys High Jump Midget	Finals	9
11:00 AM	Men High Jump Juvenile	Finals	1
11:30 AM	Women Long Jump Juvenile	Finals	8
11:30 AM	Men Weight Throw 35 lb Senior	Finals	4

Session: 31 Sat Afternoon Field

1:30 PM	Men Long Jump Juvenile	Finals	5
1:30 PM	Women High Jump Juvenile	Finals	6
1:30 PM	Mixed Special O Shot Put	Final	6+1
2:15 PM	Women Triple Jump Senior	Finals	4
2:15 PM	Men Triple Jump Senior	Finals	2
2:45 PM	Women Shot Put 4 kg Juvenile	Finals	5
3:00 PM	Men Pole Vault Junior	Finals	7
3:00 PM	Men Pole Vault Senior	Finals	6
3:00 PM	Mixed Special O Long Jump	Final	6+1
3:30 PM	Girls Long Jump Midget	Finals	19
3:30 PM	Boys Shot Put 4 kg Midget	Finals	6
4:15 PM	Girls Shot Put 4 kg Midget	Finals	9
4:45 PM	Boys Long Jump Midget	Finals	8
5:00 PM	Women Weight Throw 20 lb Senior	Finals	8