

44th SASKATOON KINSMEN INDOOR CHAMPIONSHIPS

2nd Annual Kinsmen Team Challenge

March 19 & 20, 2010 - Saskatoon Field House

Hosted by: Saskatoon Track & Field Club and Riversdale Athletic Club Inc.

Sanctioned by: Saskatchewan Athletics

Sponsored by:



KINSMEN
Club
OF SASKATOON



INFORMATION FOR COMPETITORS AND COACHES – Please Read Carefully

- 1) The right to reject any entry is reserved.
- 2) Entries close midnight March 10, 2010. Return entries to:
Hy-Tek file available at <http://www.saskathletics.ca/forms.html>
Mail Paper Forms to: Scott St.Pierre
420 7th Street East
Saskatoon, SK. S7H 0X5
Email Word Document to: scott.st.pierre@usask.ca
Email Hy-Tek to: scott.st.pierre@usask.ca

The entry deadline will be STRICTLY enforced. No phone or fax entries. Those who email entries or use Hy-Tek Team Manager to send entries are expected to pay all entry fees at registration.

- 3) Non-Hy-Tek Team Manager Users: \$20.00 for each individual and relay event.
Hy-Tek Team Manager Users: \$15.00 for each individual and relay event.
Hy-Tek Team Manager Lite is free and available at: <http://www.hy-tek ltd.com/downloads.html>
Make cheques payable to: *The Saskatoon Kinsmen Indoor Championship*

*All late entry fees will be charged double. \$30.00 per individual event and relay teams will be charged for all entries received after midnight March 10, 2010.

- 4) All Saskatchewan competitors must obtain their Athletics Canada (AC) registration cards before the meet from: Saskatchewan Athletics – Saskatoon Field House – 2020 College Dr., Saskatoon, SK., S7N 2W4
P-(306)664-6744 F- (306) 664-6761
- 5) Saskatchewan Athletes who are not affiliated with a club will be shown as unattached on event sheets and in the results. Please contact Saskatchewan Athletics if you wish to form a club.
- 6) Athletes must compete in proper uniforms.
- 7) Registration will start at the Field House on Friday, March 10/2010 at 4pm and on Saturday, March 21/2010 at 8:00am.
- 8) Registration packages will be available as a group. Entry fees must be paid for the entire club before numbers will be given out.
- 9) T-Shirts: A T-shirt will be given to all elementary school relay medalists in the meet. Each registered participant in the meet will receive a shirt in their meet package.
- 10) Awards
 - a. Medals will be presented to the top 3 finishers in each event including elementary relays.
 - b. Male and Female athlete of the meet awards will be determined by the selection committee.

11) Team Challenge Information

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- a. A Team Championship trophy will be presented to the club that accumulates the most points from all categories.
 - b. Top two athletes from each club of each gender in each age division will score. Points will be awarded for Top Eight positions.
1st – 10pts, 2nd – 8pts, 3rd – 6pts, 4th – 5pts, 5th – 4pts, 6th – 3pts, 7th – 2pts, 8th – 1pt.
- 12) Relays – Only clubs officially affiliated with Athletics Canada and their provincial branches may enter teams in the senior and age class relays. All members of a relay team must be from the same club. Each member of a relay team must also be entered in an individual event in the meet, this will facilitate the use of a competitor's number.

Elementary school relays (grade 8 or less and under 15) will have their own division. Entries by Saskatoon schools must be made through:

John Marciniuk
Coordinator Instructional Services
Saskatoon Separate Schools
420-22nd Street East
Saskatoon, SK. S7K 1X3
(306) 668-7046

or

Jeff Colquhoun
Consultant (Physical Education)
Saskatoon Public Schools
310-21st Street East
Saskatoon, SK. S7K 1M7
(306) 683-8249

13) Hurdles:	Hurdle Height	1 st Hurdle	Between
Bantam (Men & Women)	30"	12.0m	7.5m
Midget Women	30"	12.0m	8.0m
Juvenile Women	30"	13.0m	8.5m
Jr. & Sr. Women	33"	13.0m	8.5m
Midget Men	33"	13.0m	8.5m
Juvenile Men	36"	13.72m	9.14m
Junior Men	39"	13.72m	9.14m
Senior Men	42"	13.72m	9.14m

- 14) Triple Jump – The triple jump board will be 11m for Open and Juvenile Men; 9m for Midget Men, Juvenile Women, and Senior Women; and 7m for Midget Women. Those who cannot reach the pit should not enter.

15) Shot Put Weights

Senior Men – 16lbs Junior Men – 6Kg Juvenile Men – 5Kg Midget Men – 4Kg
Midget Women – 3kg, Juvenile, & Senior Women – 4Kg Bantam's – 3kg, PeeWees – 6lbs

- 16) The track is 200m flat - six lanes on the corner and eight lanes on the straight.

- 17) Maximum spike length is 7mm for the track and 9mm for jumping events.

- 18) Following Athletics Canada's Long Term Athlete Development guidelines PeeWee's and Bantam's will run 150m instead of 200m. PeeWee's will also run 600m instead of 800m. Do not enter PeeWee's and Bantam's in Midget 200's.

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Age Classes

PeeWee
Bantam
Midget
Juvenile
Junior
Open
Masters

Born 1999 and later
Born 1998-1997
Born 1996-1995
Born 1993-1994
Born 1991-1992
Born 1990 or earlier
Born 1975 or earlier

Female Event Code #'s

1 50m PeeWee	29 600m PeeWee	58 4x100m Bantam	87 Triple Jump Midget	115 Long Jump Special O
3 50m Bantam	31 800m Bantam	60 4x100m Midget	89 Triple Jump Juvenile	117 Shot Put Special O
5 50m Midget	33 800m Midget	62 4x100m Juvenile	91 Triple Jump Open	119 4x100 Mix Special O
7 50m Juvenile	35 800m Juvenile	66 800m Sprint Relay Midget	93 High Jump Bantam	120 Wheelchair 60m
9 50m Senior	37 800m Senior	68 800m Sprint Relay Juvenile	95 High Jump Midget	121 Wheelchair 200m
11 50m Masters	39 800m Masters	72 Shot Put PeeWee	97 High Jump Juvenile	122 Wheelchair 400m
13 150m PeeWee	41 1200m Midget	74 Shot Put Bantam	99 High Jump Open	123 Wheelchair 800m
15 150m Bantam	43 1500m Juvenile	76 Shot Put Midget	101 Long Jump PeeWee	124 4x100 U11 (school)
17 200m Midget	45 1500m Open	78 Shot Put Juvenile	103 Long Jump Bantam	126 4x100 U13 (school)
19 200m Juvenile	47 60mH Bantam	81 Shot Put Open	105 Long Jump Midget	128 4x100 U15 (school)
21 200m Senior	49 60mH Midget	83 Weight Throw Open	107 Long Jump Juvenile	
23 200m Masters	51 60mH Juvenile	85 Pole Vault Open	109 Long Jump Open	
25 400m Juvenile	54 60mH Open		111 60m Special O	
27 400m Open	56 4x100m PeeWee		113 200m Special O	

Male Event Code #'s

2 50m PeeWee	32 800m Bantam	61 4x100m Midget	90 Triple Jump Juvenile	119 4x100 Mix Special O
4 50m Bantam	34 800m Midget	63 4x100m Juvenile	92 Triple Jump Open	120 Wheelchair 60m
6 50m Midget	36 800m Juvenile	67 800m Sprint Relay Midget	94 High Jump Bantam	121 Wheelchair 200m
8 50m Juvenile	38 800m Senior	69 800m Sprint Relay Juvenile	96 High Jump Midget	122 Wheelchair 400m
10 50m Senior	39 800m Masters	73 Shot Put PeeWee	98 High Jump Juvenile	123 Wheelchair 800m
12 50m Masters	42 1200m Midget	75 Shot Put Bantam	100 High Jump Open	125 4x100m U11(school)
14 150m PeeWee	44 1500m Juvenile	77 Shot Put Midget	102 Long Jump PeeWee	127 4x100m U13 (school)
16 150m Bantam	46 1500m Open	79 Shot Put Juvenile	104 Long Jump Bantam	129 4x100m U15 (school)
18 200m Midget	48 60mH Bantam	80 Shot Put Junior	106 Long Jump Midget	
20 200m Juvenile	50 60mH Midget	82 Shot Put Open	108 Long Jump Juvenile	
22 200m Senior	52 60mH Juvenile	84 Weight Throw Open	110 Long Jump Open	
24 200m Masters	53 60mH Junior	86 Pole Vault Open	112 60m Special O	
26 400m Juvenile	55 60mH Open	88 Triple Jump Midget	114 200m Special O	
28 400m Open	57 4x100m PeeWee		116 Long Jump Special O	
30 600m PeeWee	59 4x100m Bantam		118 Shot Put Special O	

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Mail Entries to: Name & Address

Tentative Schedule*

Friday session (4:00-10:00pm)

Track

Elementary relays – Heats
150m – Timed finals
200m (all but special O) – timed finals
600m – Timed finals
800m – timed finals

4x100m – PeeWee, Bantam
60m Wheel Chair & Special O
50m Heats – All age groups
60mHurdles – Heats

60mHurdles – Finals
1500m – Timed finals
200m – Special O
400m – Timed finals
Elementary relay – Semi Finals and Finals
4x100m – Special O
50m- Finals

4x100m – Midget, Juvenile, Open,
Medley relays – Midget, Juvenile, Open

Field

High Jump – Open women, Juvenile women, Midget men,
Long Jump – Juvenile men & women, Senior men, Midget women
Shot Put – Midget women & men, Open men & Women

Saturday AM (8:30am-12:00pm)

High Jump – Midget girls, bantam boys
Long Jump – Midget men, PeeWee boys, Special O
Triple Jump – Juvenile women & men,
Shot Put – Bantam boys, Bantam girls, PeeWee girls, PeeWee boys
Weight Throw – Open women & men

Saturday PM.1 (1:00-5:00pm)

Long Jump – Bantam girls,
High Jump – Senior men,
Pole Vault – Open women & men
Shot Put – Juvenile men, Special O
Triple Jump – Senior women & men

Saturday PM.2 (6:00-9:30pm)

High Jump – Bantam girls
Long Jump – Senior women
Triple Jump – Midget women

All Special O events will go on Saturday.

Schedule is extremely tentative. The meet organizers will attempt to follow a schedule similar to this one but it cannot be totally confirmed. Final schedule including times will be determined by the number of entries. Meet organizers reserve the right to combine age classes in order to facilitate a more efficient and effective schedule.

A final meet schedule will hopefully be available Tuesday March 16th or shortly after.