

Lipsett

CARTAGE LTD.

1770 INLAND DR., REGINA, SASKATCHEWAN

1-888-547-7388

2015 Lipsett Cartage Indoor Classic

Regina Sportsplex
1717 Elphinstone Street
Regina, Saskatchewan
February 13 & 14, 2015

Sponsored by: Excel Athletika
Sanctioned by: Saskatchewan Athletics

1. **Entry Fee**

The entry fee for all individual events will be \$20.00 per event. Entry fee for multiple events (Triathlon/Pentathlon) 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 \$30.00 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: 20 and older as of Dec. 31, 2015 (born 1995 or earlier)
- Junior: Under 20 as of Dec. 31, 2015 (born 1996 or 1997)
- Youth: Under 18 as of Dec. 31, 2015 (born 1998 or 1999)
- Midget: Under 16 as of Dec. 31, 2015 (born 2000 or 2001)
- Bantam: Under 14 as of Dec. 31, 2015 (born 2002 or 2003)
- Pee Wee: Under 12 as of Dec. 31, 2015 (born 2004 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 should 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 \$50.00 deposit which is forfeited if the protest is disallowed.

7. **Entry Deadline**

The entry deadline for the meet is:

Friday, February 6, 2015

Teams submitting entries with Hy-Tek's Team Manager may use a deadline extension until Monday, February 9, 2015.

All entries after 11:59 pm, Monday, February 9 will be considered late entries. **All late entries, including athletes from universities, will be assessed the late entry fee.**

Hy-Tek Team Manager Lite may be downloaded free of charge from:

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 Dalgliesh Drive
Regina, Saskatchewan
S4R 6G2

E-mail: jflangen@sasktel.net - preferred
Fax #: 306 543-3104

8. **Registration:** Regina Sportsplex
 1717 Elphinstone Street
 4:00 P.M., Friday, February 13, 2015 First Event: 5:00 P.M.
 8:00 A.M., Saturday, February 14, 2015 First Event: 9:00 A.M.
9. **Schedule of Events:** Please remember that times are subject to change based on the number of entries received.
 The final schedule will be sent to all clubs providing an e-mail address.

Tentative Schedule

Friday February 13, 2015

<u>Track</u>			<u>Field</u>		
5:00pm	Junior Men	60mH	5:00pm	PeeWee	High Jump
	Senior Men			Midget Men	Long Jump
5:10pm	Youth Men			Midget Women	Pole Vault
5:20pm	Midget Men			Youth Women	Pole Vault
5:30pm	Senior Women			Midget Women	Shot Put
5:40pm	Bantam			Masters	Shot Put
5:50pm	Midget Women				
6:00pm	Youth Women		6:00pm	Senior Women	Shot Put
6:15pm	PeeWee	1000m	6:15pm	Bantam	High Jump
6:25pm	Bantam	1200m		Senior Men	Long Jump
6:35pm	Midget Women	2000m		Youth Men	Long Jump
6:45pm	Midget Men				
6:55pm	Youth Women	3000m	6:30pm	Senior Women	Pole Vault
	Masters				
7:10pm	Youth Men		7:15pm	Youth Women	Shot Put
7:25pm	Senior Women		7:30pm	Midget Women	High Jump
7:40pm	Senior Men			Masters	High Jump
7:55pm	Senior Men	60mH - Final	7:30pm	Senior Women	Long Jump
8:00pm	Senior Women				
8:05pm	Midget Women	800m			
8:05pm	Midget Men				
8:10pm	Senior Women	4x200m			
8:15pm	Senior Men	4x200m			
8:20pm	Senior Women	1000m			
8:20pm	Youth Women				
8:30pm	Senior Men		8:30pm	Youth Women	High Jump
8:30pm	Youth Men			Youth Men	Weight Throw
8:40pm	Masters Women & Men			Senior Men	Weight Throw

Saturday February 14, 2015

<u>Track</u>			<u>Field</u>		
9:00am	Youth Women	600m	9:00am	PeeWee	Long Jump - Triathlon
9:10am	Youth Men				
9:20am	Senior Women			Youth Women	Weight Throw

9:30am	Senior Men			Masters	Weight Throw
9:40am	Masters Women & Men				
9:50am	Midget Women	1200m		10:00am Senior Women	Weight Throw
10:00am	Midget Men				
10:10am	Youth Women	1500m		10:15am Senior Women	High Jump
10:20am	Youth Men				
10:30am	Senior Women				
10:40am	Senior Men			10:45am Bantam	Long Jump - Triathlon
10:50am	Masters Women & Men			Youth Women	Long Jump
11:00am	Midget Women	60m Heats			
11:10am	Midget Men			11:00am PeeWee	Shot Put - Triathlon
11:20am	Masters				
11:30am	Youth Women			11:30am Senior Men	Pole Vault
11:40am	Youth Men				
11:50am	Senior Women			12:00pm Senior Men	High Jump
12:00am	Senior Men				
				12:15pm Bantam	Shot Put - Triathlon
12:55pm	PeeWee	60m - Triathlon		Men	Triple Jump
1:10pm	Midget Women	60m Finals			
1:15pm	Midget Men			1:15pm Senior Men	Shot Put
1:20pm	Youth Women				
1:25pm	Youth Men			1:30pm Midget Men	High Jump
1:30pm	Senior Women			Midget Men	Pole Vault
1:35pm	Senior Men			Youth Men	Pole Vault
1:40pm	Bantam	60m - Triathlon			
	Midget	60m - Triathlon		1:45pm Women	Triple Jump
1:50pm	PeeWee	600m		2:00pm Midget Women	Long Jump
	PeeWee	600m - Triathlon		Masters	Long Jump
2:00pm	Bantam	800m			
2:10pm	Bantam	800m - Triathlon		2:30pm Youth Men	High Jump
2:20pm	Midget Girls	300m - Timed Finals			
2:30pm	Midget Boys				
2:40pm	Masters			2:45pm Midget Men	Shot Put
2:50pm	Youth Women				
3:00pm	Youth Men				
3:10pm	Senior Women				
3:20pm	Senior Men				
3:30pm	PeeWee Girls	150m - Timed Finals			
3:40pm	PeeWee Boys				
3:50pm	Bantam Girls				
4:00pm	Bantam Boys			3:45pm Youth Men	Shot Put
4:10pm	Women	4x800m			
4:20pm	Men	4x800m			
4:30pm	Women	4x400m			
4:40pm	Men	4x400m			
4:50pm	4x100m and Medley Relays				

10. Awards

Gold, Silver and Bronze medallions.

11. Events: 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 600/800 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	Event #	Event Name
1	Girls 14-15 60 Meter Dash Midget	32	Boys 12-13 800 Meter Run Bantam
2	Boys 14-15 60 Meter Dash Midget	33	Girls 14-15 800 Meter Run Midget
3	Girls 16-17 60 Meter Dash Youth	34	Boys 14-15 800 Meter Run Midget
4	Boys 16-17 60 Meter Dash Youth	35	Girls 16-17 1000 Meter Run Youth
5	Women 20-34 60 Meter Dash Senior	36	Boys 16-17 1000 Meter Run Youth
6	Men 20-34 60 Meter Dash Senior	37	Women 20-34 1000 Meter Run Senior
7	Women 35-99 60 Meter Dash Masters	38	Men 20-34 1000 Meter Run Senior
8	Men 35-99 60 Meter Dash Masters	39	Women 35-99 1000 Meter Run Masters
9	Girls 10-11 150 Meter Dash Pee Wee	40	Men 35-99 1000 Meter Run Masters
10	Boys 10-11 150 Meter Dash Pee Wee	41	Girls 10-11 1000 Meter Run Pee Wee
11	Girls 12-13 150 Meter Dash Bantam	42	Boys 10-11 1000 Meter Run Pee Wee
12	Boys 12-13 150 Meter Dash Bantam	43	Girls 12-13 1200 Meter Run Bantam
13	Girls 14-15 200 Meter Dash Midget	44	Boys 12-13 1200 Meter Run Bantam
14	Boys 14-15 200 Meter Dash Midget	45	Girls 14-15 1200 Meter Run Midget
15	Girls 14-15 300 Meter Dash Midget	46	Boys 14-15 1200 Meter Run Midget
16	Boys 14-15 300 Meter Dash Midget	47	Girls 16-17 1500 Meter Run Youth
17	Girls 16-17 300 Meter Dash Youth	48	Boys 16-17 1500 Meter Run Youth
18	Boys 16-17 300 Meter Dash Youth	49	Women 20-34 1500 Meter Run Senior
19	Women 20-34 300 Meter Dash Senior	50	Men 20-34 1500 Meter Run Senior
20	Men 20-34 300 Meter Dash Senior	51	Women 35-99 1500 Meter Run Masters
21	Women 35-99 300 Meter Dash Masters	52	Men 35-99 1500 Meter Run Masters
22	Men 35-99 300 Meter Dash Masters	53	Girls 14-15 2000 Meter Run Midget
23	Girls 16-17 600 Meter Run Youth	54	Boys 14-15 2000 Meter Run Midget
24	Boys 16-17 600 Meter Run Youth	55	Girls 16-17 3000 Meter Run Youth
25	Women 20-34 600 Meter Run Senior	56	Boys 16-17 3000 Meter Run Youth
26	Men 20-34 600 Meter Run Senior	57	Women 20-34 3000 Meter Run Senior
27	Women 35-99 600 Meter Run Masters	58	Men 20-34 3000 Meter Run Senior
28	Men 35-99 600 Meter Run Masters	59	Women 35-99 3000 Meter Run Masters
29	Girls 10-11 600 Meter Run Pee Wee	60	Men 35-99 3000 Meter Run Masters
30	Boys 10-11 600 Meter Run Pee Wee	61	Girls 12-13 60 Meter Hurdles .76m Bantam
31	Girls 12-13 800 Meter Run Bantam	62	Boys 12-13 60 Meter Hurdles .76m Bantam

Event #	Event Name	Event #	Event Name
63	Girls 14-15 60 Meter Hurdles .76m Midget	106	Women 35-99 Triple Jump Masters
64	Boys 14-15 60 Meter Hurdles .84m Midget	107	Men 35-99 Triple Jump Masters
65	Girls 16-17 60 Meter Hurdles .76m Youth	108	Girls 14-15 Shot Put 3kg Midget
66	Boys 16-17 60 Meter Hurdles .91m Youth	109	Boys 14-15 Shot Put 4kg Midget
67	Men 18-19 60 Meter Hurdles .99m Junior	110	Girls 16-17 Shot Put 3kg Youth
68	Women 20-34 60 Meter Hurdles .84m Senior	111	Boys 16-17 Shot Put 5kg Youth
69	Men 20-34 60 Meter Hurdles 1.07m Senior	112	Men 18-19 Shot Put 6kg Junior
70	Women 35-99 60 Meter Hurdles Masters	113	Women 20-34 Shot Put 4kg Senior
71	Men 35-99 60 Meter Hurdles Masters	114	Men 20-34 Shot Put 7.26kg Senior
72	Girls 10-11 High Jump Pee Wee	115	Women 35-99 Shot Put Masters
73	Boys 10-11 High Jump Pee Wee	116	Men 35-99 Shot Put Masters
74	Girls 12-13 High Jump Bantam	117	Girls 16-17 Weight Throw 16lb Youth
75	Boys 12-13 High Jump Bantam	118	Boys 16-17 Weight Throw 20lb Youth
76	Girls 14-15 High Jump Midget	119	Women 20-34 Weight Throw 20lb Senior
77	Boys 14-15 High Jump Midget	120	Men 20-34 Weight Throw 35lb Senior
78	Girls 16-17 High Jump Youth	121	Women 35-99 Weight Throw 20lb Masters
79	Boys 16-17 High Jump Youth	122	Men 35-99 Weight Throw 20lb Masters
80	Women 20-34 High Jump Senior	123	Girls 10-11 Triathlon Speed Pee Wee
81	Men 20-34 High Jump Senior	124	Boys 10-11 Triathlon Speed Pee Wee
82	Women 35-99 High Jump Masters	125	Girls 12-13 Triathlon Speed Bantam
83	Men 35-99 High Jump Masters	126	Boys 12-13 Triathlon Speed Bantam
84	Girls 14-15 Pole Vault Midget	127	Girls 14-15 Triathlon Speed Midget
85	Boys 14-15 Pole Vault Midget	128	Boys 14-15 Triathlon Speed Midget
86	Girls 16-17 Pole Vault Youth	129	Girls 10-11 Triathlon Endurance Pee Wee
87	Boys 16-17 Pole Vault Youth	130	Boys 10-11 Triathlon Endurance Pee Wee
88	Women 20-34 Pole Vault Senior	131	Girls 12-13 Triathlon Endurance Bantam
89	Men 20-34 Pole Vault Senior	132	Boys 12-13 Triathlon Endurance Bantam
90	Women 35-99 Pole Vault Masters	133	Women 20-34 Indoor Pentathlon Senior
91	Men 35-99 Pole Vault Masters	134	Men 20-34 Indoor Pentathlon Senior
92	Girls 14-15 Long Jump Midget	135	Girls 10-11 4x100 Meter Relay Pee Wee
93	Boys 14-15 Long Jump Midget	136	Boys 10-11 4x100 Meter Relay Pee Wee
94	Girls 16-17 Long Jump Youth	137	Girls 12-13 4x100 Meter Relay Bantam
95	Boys 16-17 Long Jump Youth	138	Boys 12-13 4x100 Meter Relay Bantam
96	Women 20-34 Long Jump Senior	139	Girls 14-15 800 Sprint Medley Midget
97	Men 20-34 Long Jump Senior	140	Boys 14-15 800 Sprint Medley Midget
98	Women 35-99 Long Jump Masters	141	Girls 16-17 800 Sprint Medley Youth
99	Men 35-99 Long Jump Masters	142	Boys 16-17 800 Sprint Medley Youth
100	Girls 14-15 Triple Jump Midget	143	Women 20-34 4x200 Meter Relay Senior
101	Boys 14-15 Triple Jump Midget	144	Men 20-34 4x200 Meter Relay Senior
102	Girls 16-17 Triple Jump Youth	145	Women 20-34 4x400 Meter Relay Senior
103	Boys 16-17 Triple Jump Youth	146	Men 20-34 4x400 Meter Relay Senior
104	Women 20-34 Triple Jump Senior	147	Women 20-34 4x800 Meter Relay Senior
105	Men 20-34 Triple Jump Senior	148	Men 20-34 4x800 Meter Relay Senior



2015 SGI Canada Indoor Games

Regina Sportsplex

Regina, Saskatchewan

February 13 & 14, 2015

CLUB _____

ADDRESS _____

CITY _____ **POSTAL CODE** _____

COACH'S NAME _____ **TELEPHONE** _____

E-MAIL _____

Total Entry Fee Enclosed: _____

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

Fax #: 306 543-3104

Home: 306 545-7759

E-mail: jflangen@sasktel.net

Entry Deadline: Friday, February 6, 2015

