

54th SASKATOON KINSMEN INDOOR CHAMPIONSHIPS

13th Annual Kinsmen Team Challenge

Saskatchewan U12 & U14 Provincial Championships

March 24 & 25, 2023 - Saskatoon Field House

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

Sanctioned by: Saskatchewan Athletics & World Athletics

Sponsored by:



KINSMEN
Club
OF SASKATOON



1. Entries close 5:00pm on March 17, 2023. Return entries to:
All entries will be completed through the online form: <http://trackiereg.com/2023kinsmen>
(Tutorials are available at: <http://prathletics.com>)

A late entry fee, double the original fee, will be charged on entries received after March 17th @ 5:00pm. This is to encourage accurate, on-time entries, allowing the organizing committee to prepare for the meet appropriately.

All changes after this will be treated as late entries.

Entries after March 19th @ 11:59pm are at the discretion of the meet organizers and will be charged \$100.00

Entry Fees: \$30 for each of the 1st and 2nd events then \$25 for each additional event.

3. All Saskatchewan competitors must be a member of Saskatchewan Athletics
4. Packages can be picked up at the registration table on the infield of the Field House.

COACHES MUST PICK UP THE PACKAGE FOR THEIR ENTIRE CLUB.

5. ***Warm-up***

When you are warming up, please be aware of your surroundings as there are other athletes also warming up. By entering the track area, you are assuming the risks and responsibilities of being in the area.

6. AWARDS: Medals will be picked up by the top three finishers in each event.
Male and Female athlete of the meet awards will be determined by the selection committee.

Team Challenge Information

- 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.

7. All Saskatchewan Athletics Hurdle and Throws specifications will be followed.
8. See new spike requirements at the end of this document.
9. Athletes should compete in their own age class only. The sanctioning body, Saskatchewan Athletics, follows Athletics Canada's Long Term Athlete Development framework.

2023 Event Offerings

- U12: 50, 150, 600, 1000, 60H (21"), 4x100, Floating Board LJ (only three [3] jumps will be provided), HJ, SP (only three [3] throws provided. Athletes grouped in approx. 5's)
- U14: 50, 150, 800, 1200, 60H, 4x100, Regular LJ (only three [3] jumps will be provided), HJ, SP (only three [3] throws provided. Athletes grouped in approx. 5's)
- U16: 50, 200, 800, 1200, 60H, 4x100, 1600m Medley Relay, LJ, TJ, HJ, SP
- U18: 50, 200, 400, 800, 1500, 60H, 4x100, 1600m Medley Relay, LJ, TJ, HJ, SP
- Senior: 50, 200, 400, 800, 1500, 3000, 60H, LJ, TJ, HJ, PV, SP
- Masters (35 or older): 50, 200, 1000, SP
- Special Olympics: 60, 200, LJ, SP
- Wheelchair: 60, 200, seated SP

Note: U20 Men's 60H and SP will also be offered as a courtesy. No awards will be made for these events. Also, **Masters** wanting to compete in events other than those listed must compete in the **Senior** category. Additional awards will not be presented.

Extremely Tentative 2023 Schedule

- Visit <http://prathletics.com> to view the VERY Tentative 2023 Schedule
- Stay tuned to <http://prathletics.com> for changes.
- Have the information sent to you
 - Facebook: <http://www.facebook.com/prathletics>
 - Twitter: <http://twitter.com/prathletics>

All Special O events will be on Saturday.

A final meet schedule will be available Tuesday, March 21st.

Get the Correct Spikes for the new MONDO track at the Saskatoon Field House

Pyramid Spikes or Compression Spikes are Acceptable.

SPIKE TYPES

There are three main types of spikes: Pyramid, Needle (Pin) and Compression Tier (Christmas Tree). **THE PYRAMID AND COMPRESSION TIER SPIKES ARE PERMITTED FOR USE WITH SUPER X AND MONDOTRACK RUBBER SURFACES, BUT NEEDLE SPIKES SHOULD BE AVOIDED.**



👍 Pyramid Spikes



👍 Compression Spikes



👎 Needle Spikes