



2022 Saskatchewan Track & Field Championships

Presented by The Bob Adams Foundation

Gordie Howe Sports Complex

July 15 - 17, 2022



Sponsored by: The Bob Adams Foundation & The Saskatoon Track & Field Club
Sanctioned by: Saskatchewan Athletics

1. The right to reject any entry is reserved.
2. Please direct all inquires to the Meet Director, Kyle Williams (kwill1701@gmail.com)
3. Entries close NOON July 7, 2022.
Please use the ONLINE FORM on the Trackie website – <http://TrackieReg.com/2022SA>

4. Entry Fees: \$30.00 per event

NOTE: A late entry fee double the original fee will be charged on entries received after noon July 7, 2022. This is to encourage accurate, on-time entries, allowing the organizing committee to prepare for the meet appropriately. **All changes from the submitted entry form will be treated as late entries. Entries after July 11th will be charged \$100.00 per event.**

5. All competitors must hold a **Saskatchewan Athletics membership**, day pass, or equivalent. Contact Laura Young at Saskatchewan Athletics to purchase a day pass or membership (306-664-6744).
6. **Club packages** can be picked at the tent by the Awards area on the north side of the track area, just beyond the finish line. **One club representative** is to pick up the entire package for their club.
7. **(UPDATE) Marshalling** for all track events will be at the tent near the warmup strip on the outside of the 200m start line. Field event marshalling will be at the event location.
8. **(UPDATE) Spectators** are welcome to enjoy the meet free of charge from the stands outside of the main building. Only **actively completing athletes, officials and coaches in designated coaching boxes** are allowed on the infield. The main building is closed to the public (athletes, coaches, spectators).
9. **AWARDS:** Medals will be presented to the top three finishers in each event. Please be available shortly after your event for awards. The awards area will be on the north side of the facility, past the finish line.
10. All Saskatchewan Athletics [Hurdle and Throws specifications](#) will be followed.
11. **First Aid** will be available beside the Awards area.
12. Athletes should compete in their own age class only. The sanctioning body, Saskatchewan Athletics, follows Athletics Canada's Long Term Athlete Development framework.
13. **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. The warm-up area is in the south-west corner of the facility. **Warming up is not allowed on the infield.**

14. **Meet Hotels:**
Recommendations available from the meet director.

2022 Official Event Offerings

U12 (2011 or later): 60m, 150m, 600m, 1000m, 60mH, LJ, Standing LJ, HJ, SP, Ball Throw, 4x100m
 U14 (2009/10): 80m, 150m, 800m, 1200m, 80mH, LJ, TJ, HJ, SP, Javelin, Discus, Ball Throw, 4x100m
 U16 (2007/08): 100m, 200m, 300m, 800m, 1200m, 2000m, Sprint Hurdles (80/100), 200mH, 1500 S/C, LJ, TJ, HJ, PV, SP, Discus, Javelin, Hammer, 4x100m
 U18 (2005/06): 100m, 200m, 400m, 800m, 1500m, 3000m, Sprint Hurdles (100/110), 400mH, 2000m S/C, LJ, TJ, HJ, PV, SP, Discus, Javelin, Hammer, 4x100m, 4x400m
 U20 (2003/04): 100m, 200m, 400m, 800m, 1500m, 3000m(w), 5000m(m), Sprint Hurdles (100/110), 400mH, 3000m S/C, LJ, TJ, HJ, PV, SP, Discus, Javelin, Hammer, 4x100m, 4x400m
 Senior (2004 or earlier): 100m, 200m, 400m, 800m, 1500m, 5000m, Sprint Hurdles (100/110), 400mH, 3000m S/C, LJ, TJ, HJ, PV, SP, Discus, Javelin, Hammer, 4x100m, 4x400m
 Master (35 yrs of age): 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, Sprint Hurdles (80/100/110), 300mH/400mH, 2000 S/C / 3000 S/C, LJ, TJ, HJ, PV, SP, Discus, Javelin, Hammer (*When registering, be sure to select the appropriate specifications for your age*).
 Special "O": 100m, 200m
 Wheelchair: 100m, 400m, 1500m, Seated Shot Put, Seated Discus

Tentative 2022 Schedule

Friday Night (4pm to 8pm)	Saturday (9am to 5pm)	Sunday (9am to 2:30pm)
All 300/400m	All Steeplechase	All 1500m
All 1000/1200m	All 60/80m	All 100m
All 2000/3000/5000m	All 150/200m	All 200H/300H/400H
U16/U18/U20/Sen/Mas SP	All Sprint Hurdles	All 100m Finals
U16/U18/U20/Sen/Mas HJ	All 600/800m	All Javelin
All Hammer	All 200m Finals	All Discus
All PV	All Standing LJ	All TJ
	All LJ	
	U12/U14 HJ	
	U12/U14 SP	
	U12/U14 BT	

- Stay tuned to <http://prathletics.com> for changes.
- Have the information sent to you by following us on Facebook/Twitter/Instagram:
 - <http://www.facebook.com/prathletics>
 - <http://twitter.com/prathletics>
 - <https://www.instagram.com/prathletics/>