



2019 Knights of Columbus Indoor Games Presented by ASL Paving

Saskatoon Fieldhouse
January 24 - 26, 2019

Sponsored by: Saskatchewan Knights of Columbus & ASL Paving
Sanctioned by: Saskatchewan Athletics

1. The right to reject any entry is reserved.
2. Entries close NOON January 18, 2019.
Please use the ONLINE FORM on the Trackie website – <http://Trackiereg.com/2019-kofcgames>

Entry Fees: \$25.00 for each of the first two individual events then \$20.00 for each additional event
\$25.00 for each relay team entered & \$40.00 for triathlon events.

NOTE: A late entry fee double the original fee will be charged on entries received after noon January 18, 2019. 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 January 20th will be charged \$100.00 per event.**

3. All competitors must hold a **Saskatchewan Athletics membership**, day pass, or equivalent
4. Club packages can be picked up in meeting room #1 at the Fieldhouse.
 - 4 p.m., Friday, January 25
 - 8 a.m., Saturday, January 26

COACHES MUST PAY REMAINING ENTRY FEES AND REGISTER THEIR ENTIRE CLUB.

5. **AWARDS:** Medals will be presented to the top three finishers in each event. Please be available shortly after your event for awards.
6. All Saskatchewan Athletics Hurdle and Throws specifications will be followed.
7. Spike length for the Saskatoon Fieldhouse is 6mm.
8. Athletes should compete in their own age class only. The sanctioning body, Saskatchewan Athletics, follows Athletics Canada's Long Term Athlete Development framework.
9. **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.

10. **Meet Hotels:**

Hilton Garden Inn
90 22 Street East
(306) 978-6502
Room Rate: \$129 (Double Queen)

Holiday Inn Express & Suites
1838 College Drive
(306) 954-1250
Room Rate: \$139 (Double Queen)
New and located beside the Field House
Free breakfast and parking included in the rate

Travelodge Hotel
106 Circle Drive West
(306) 978-6502
Room Rate: \$119 (Double Queen)

Country Inn & Suites
617 Cynthia Street
(306) 978-6502
Room Rate: \$99 (Double Queen)



2019 Knights of Columbus Indoor Games Presented by ASL Paving

Saskatoon Fieldhouse
January 24 - 26, 2019

Sponsored by: Saskatchewan Knights of Columbus & ASL Paving
Sanctioned by: Saskatchewan Athletics

2019 Official Event Offerings

Pee Wee (2008 or later): Triathlon (60, standing LJ, SP), 600m, HJ

Bantam (2006/07): Triathlon (60, standing LJ, SP), 60mH, 800m, HJ, 4x100

U16 (formerly Midget) (2004/05): 60m, 200m, 800m, 1200m, 60mH, HJ, PV, LJ (only three [3] jumps will be provided), SP (only three [3] throws will be provided), 4x100

U18 (formerly Youth) (2002/03): 60m, 200m, 400m, 800m, 1500m, 60mH, HJ, PV, LJ, TJ, SP, WT

Senior (2001 or earlier): 60m, 300m, 600m, 1000m, 1500, 3000, 60mH, HJ, PV, LJ, TJ, SP, WT

Master (35 yrs of age): 60m, 800m, 1500m

Special "O": 60m, LJ, SP

Wheelchair: 60m, 200m, 400m

Notes:

- U20 (formerly Junior) Men's 60H and SP will also be offered as a courtesy. No awards will be made for these events.
- Awards will only be presented in the officially offered events.
- The only official master's events are the 60m, 800m, and 1500m. Master's athletes are eligible to compete as a senior, but will NOT be provided additional opportunities beyond the use of their age specific weight in throws or heights in hurdles.
 - Masters athletes will only receive three [3] throws in SP and WT.
- Please be sure to look at tentative schedule and do not enter in multiple events that are scheduled to occur at the same time. Events will not be delayed or adjusted. If you are in high jump and leave to complete another event, the bar will not be lowered upon return. If you are in long jump and miss the round, you will not be given an additional jump.
- Times listed on the schedule are event start times. Warm ups must occur 15-30min prior to this time (45min for Pole Vault). Officials will be told to start the event at the designated start time.

Tentative 2019 Schedule

- The TENTATIVE schedule is available on the <http://prathletics.com> website.
- 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/>