

## “SOLE-stice Classic” – Regina Regional Entry – May 12

The “SOLE-stice Classic” is series of meets designed to replace the Hershey Meets. These meets are grass roots meets for young athletes to get involved in running, jumping and throwing competitions. This program is being sponsored by the Aboriginal Track and Field of Saskatchewan plus Saskatchewan Athletics.

The term “SOLE-stice” comes from the idea that the “final meet” will be held near the longest day of the year. The meets are geared for younger athletes who may not get many opportunities to compete against others their age in their region or from across the province.

To get involve, go the website [www.solesticeclassic.com](http://www.solesticeclassic.com) ; select the Regina regional meet. The Regina Meet is being held on Saturday, June 3<sup>rd</sup>. Complete the computer online entry process as shown below. The best part is that no entry fees are charged to participate. The “**Top 2**” athletes from each regional meet can advance to the “**SOLE-stice Classic – Provincial Finals**” in Saskatoon on Sat. June 16<sup>th</sup>.

The emphasis of the meets is to have fun while getting young athletes to be active through competition.

### WHO CAN PARTICIPATE?

Boys and girls between ages 8 to 13.

Age group classifications are determined by the participant’s Year of Birth.

Athletes can possibly qualify in a maximum of four events; (does not include the relay).

Meteors - Born 2009/10	Comets - Born 2007/08	Stars - Born 2005/06
Standing Long Jump	Long Jump	Long Jump
Softball Throw	Softball Throw	Softball Throw
50m Dash (no blocks)	60m Dash (no blocks)	80m Dash (no blocks)
100m Dash (no blocks)	150m Dash (no blocks)	150m Dash (no blocks)
	600m Run	800m Run
4 x 100m Relay	4 x 100m Relay	4 x 100m Relay

### Computer Online entries for “SOLE-stice Classic – Regional Meet”

1. Go to the following website: [www.solesticeclassic.com](http://www.solesticeclassic.com)
2. Choose the “Regina Regional Meet”.
3. To enter an athlete, fill out the appropriate information.
4. Type in the “first and last name” and “town/city”. Add a contact “email address”
5. Click the correct “gender”, “age category” and “event(s)”.
6. Do **NOT** use the “ENTRY” key until you have finished filling out the form.
7. To quickly move from field to field use the “**TAB**” key.
8. When you are done adding the athlete and their events, click the “**SUBMIT**” button.
9. Once you have submitted the entry, scroll down to make sure the athlete is entered **correctly**.
10. This is your confirmation that the athlete is entered into the meet.
11. If you make a mistake, you can “**EDIT**” the competitor’s name, town, gender, age, and event(s).
12. Relay teams are not entered here; they will enter prior to the relay start time.
13. A schedule of the meet is included.
14. Deadline for entries is Friday, May 11<sup>th</sup>

**Notes:**

1. Athletes could possibly compete in a maximum of four events at the regional meet.
2. Relays do not count as an event; relay entries will be made on site at the meet.
3. It is suggested not to enter athletes in events that occur at or near the same time.
4. The schedule for the meet has been included.
5. All events will be hand timed; not photo timed.
6. Athletes **can not** wear spikes or shoes where spikes can be inserted (soccer cleats are not allowed).
7. Athletes **cannot** use starting blocks.
8. Athletes will be given only 3 attempts in the field events (long jump and softball throw).
9. Top 3 ribbons will be awarded after the completion of each event.
10. The top 2 competitors in their event have qualified for the “**SOLE-stice – Provincial Finals**” in Saskatoon on Sat June 16<sup>th</sup>.
11. You **must** enter your own athlete into the “**SOLE-stice – Provincial Finals**” using the on-line computer entry format.
12. The regional meet director **does not enter** the athletes into the provincial finals.
13. Go to the website [www.solesticeclassic.com](http://www.solesticeclassic.com) to complete the entry into the “Sole-stice Provincial Finals”.

**SOLE-STICE CLASSIC – REGINA REGIONAL SCHEDULE**

Saturday, May 12th, Canada Games Park

ALL TIMES ARE APPROXIMATE START TIMES; **BE PREPARED TO COMPETE EARLY!!**

Track	Event	Age	Field	Event	Age
12:15	50m Heats and Final	Meteor Girls	12:15	Softball Throw	Stars Girls
	50m Heats and Final	Meteor Boys		Running Long Jump	Stars Boys
	60m Heats and Final	Comets Girls			
	60m Heats and Final	Comets Boys			
			12:30	Softball Throw	Meteors Girls
12:45	80m Heats and Final	Stars Girls		Standing Long Jump	Meteors Boys
	80m Heats and Final	Stars Boys			
1:00	600m Final	Comets Girls	1:00	Softball Throw	Stars Boys
	600m Final	Comets Boys		Running Long Jump	Stars Girls
1:15	800m Final	Stars Girls			
	800m Final	Stars Boys	1:30	Softball Throw	Comets Girls
				Running Long Jump	Comets Boys
1:45	100m Final	Meteor Girls			
	100m Final	Meteor Boys			
2:00	150m Timed Finals	Comets Girls	2:00	Softball Throw	Meteors Boys
	150m Timed Finals	Comets Boys		Standing Long Jump	Meteors Girls
2:30	150m Timed Finals	Stars Girls	2:30	Softball Throw	Comets Boys
	150m Timed Finals	Stars Boys		Running Long Jump	Comets Girls
3:00	Relays 4 x 100m <i>(Anyone interested in running a relay will come to the start line at this time and you can make your own teams)</i>	Meteor Girls/Boys Comets Girls/Boys Stars Girls/Boys			