

## “SOLE-stice Classic” – Tisdale Regional Entry – May 30

The “SOLE-stice Classic” is series of grass roots meets across the province 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 provincial 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) ; click on “Tisdale”. The Tisdale Meet is being held on **Wednesday, May 30<sup>th</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. Pass this information onto anyone you know who have athletes that could be involved.

### 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.

<b>Meteor: Born 2009-2010</b>	<b>Comet: Born 2007-2008</b>	<b>Star: Born 2005-2006</b>
Standing Long Jump	Running Long Jump (floating board)	Running Long Jump (standard board)
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

### 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 “Tisdale”.
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, email, town, gender, age, and event(s).
12. A schedule of the meet is included.
13. Entries are due **Sunday May 27<sup>th</sup> at 6 pm**.

**Notes:**

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

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

Wednesday, May 30<sup>th</sup>. Brownridge Field at TMSS School, Tisdale.

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

Track	Event	Age		Field	Event	Age
5:00	80 Final (in field)	Star G		5:00	Ball Throw	Meteor G
	80 Final (in field)	Star B			Long Jump	Meteor B
	60 Final (in field)	Comet G				
	60 Final (in field)	Comet B				
	50 Final (in field)	Meteor G		5:30	Ball Throw	Star G
	60 Final (in field)	Meteor B			Long Jump	Star B
	Kid’s Fun Race					
	Parent’s Fun Race					
6:00	600 Final	Comet G		6:00	Ball Throw	Meteor B
	600 Final	Comet B			Long Jump	Meteor G
	800 Final	Star G				
	800 Final	Star B				
6:30	100 Final (in field)	Meteor G		6:30	Ball Throw	Comet G
	100 Final (in field)	Meteor B			Long Jump	Comet B
7:00	150 Final	Star G		7:00	Ball Throw	Star B
	150 Final	Star B			Long Jump	Star G
	150 Final	Comet G				
	150 Final	Comet B				
				7:30	Ball Throw	Comet B
					Long Jump	Comet G