

SOLE-stice Classic Regional Track and Field Meet

HUMBOLDT SATURDAY MAY 27, 2023 @ Glenn Hall Park

Register ONLINE at <https://solesticeclassic.com/humboldt/>.

Deadline for Registration: May 24, 2023

1. Athletes could possibly compete in a maximum of four events at the regional meet.
2. Relays do not count as an event; relay teams 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. There will be video replay on site. We will do our best to ensure accuracy.
6. Athletes **cannot** 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. Bathrooms are limited. Two porta-potties are on site, and nearby businesses have bathrooms. There are no change rooms available.
11. The top 2 competitors in their event have qualified for the “**Sole-stice – Provincial Finals**” in Saskatoon on Sat June 18th.
12. You **must** enter your own athlete into the “**Sole-stice – Provincial Finals**” using the on-line computer entry format.
13. The regional meet director **does not enter** the athletes into the provincial finals.
14. Go to the website www.solesticeclassic.com to complete the entry into the “Sole-stice Provincial Finals”.

Athletes can COMPETE in a maximum of four events (does not include the relay)

Meteors – Born 2015/14	Comets – Born 2013/12	Stars – Born 2011/10
Standing Long Jump	Running Long Jump (1m takeoff)	Running 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

SOLE-STICE CLASSIC –HUMBOLDT SCHEDULE

BE PRERPARED TO COMPETE EARLY

Track	Event	Age	Field	Event	Age
12:30pm	Warm-Up / Announcements				
1:00pm	50 Heats	Meteor G	1:00pm	Ball Throw	Stars G
	50 Heats	Meteor B		Long Jump	Stars B
	50 Final	Meteor G			
	50 Final	Meteor B			
1:30pm	60 Heats	Comet G	1:20pm	Ball Throw	Meteors G
	60 Heats	Comet B		Long Jump	Meteors B
	60 Final	Comet G			
	60 Final	Comet B			
2:00pm	80 Heats	Stars G	2:00pm	Ball Throw	Comets B
	80 Heats	Stars B		Long Jump	Comets G
	80 Final	Stars G			
	80 Final	Stars B	2:30pm	Ball Throw	Stars B
2:45pm	600m Final	Comet G		Long Jump	Stars G
	600m Final	Comet B			
3:00pm	800m Final	Stars G	2:50pm	Ball Throw	Meteors B
	800m Final	Stars B		Long Jump	Meteors G
3:30pm	100m Final	Meteors G			
	100m Final	Meteors B	3:30pm	Ball Throw	Comets G
3:45pm	150m Timed Finals	Stars G		Long Jump	Comets B
	150m Timed Finals	Stars B			
4:00pm	150m Timed Finals	Comet G			
	150m Timed Finals	Comet B			
4:30pm	Relays 4 x 100	Meteors G/B Comets G/B Stars G/B			