



**44th ANNUAL KNIGHTS OF COLUMBUS  
SASKATCHEWAN INDOOR GAMES  
INDOOR TRACK AND FIELD MEET  
SASKATOON FIELD HOUSE**



**January 8, 9 & 10, 2009**

SANCTIONED BY THE SASKATCHEWAN ATHLETICS

1. The right to reject any entry is reserved.
2. Entries close at **noon** on January 2, 2009. Return entries to:

<b>Mail to:</b>	<b>Hand deliver/courier to:</b>	<b>NOTE:</b>
K of C Saskatchewan Indoor Games 2366 Avenue C North Saskatoon, Saskatchewan S7L 5X5	2366 Avenue C North Saskatoon, Saskatchewan S7L 5X5 FAX: (306) 665-1245	HyTek entries are preferred Team Manager file is available at: <a href="http://www.kofcgames.ca/">http://www.kofcgames.ca/</a> Email entries to: <a href="mailto:kofcgames@sasktel.net">kofcgames@sasktel.net</a>

The entry deadline will be **STRICTLY** enforced. Those who use FAX or HyTek to send entries are expected to pay all entry fees at registration.

3. Entry Fees  
HyTek Users: \$10.00 for each event, \$20.00 for each combined event.  
Non-HyTek: \$15.00 for each event, \$30.00 for each combined event.  
**Make cheques payable to "Knights of Columbus Saskatchewan Indoor Games".**

NOTE: A late entry fee will double per event and will be charged on entries received after January 2, 2009. We hope to discourage late entries and changes. All changes from the submitted entry form will be treated as late entries.

4. All Canadian entrants (except those competing only in school relays) must hold a 2009 Athletics Canada membership. All entries will be checked with the provincial database(s) to ensure that they are members. Memberships for Saskatchewan athletes may be obtained by mail from:

Saskatchewan Athletics  
2020 College Avenue  
Saskatoon, SK S7N 2W4  
Phone: (306) 664-6744 FAX: (306) 664-6761

NOTE: 1. A DAY MEMBERSHIP will be available at registration. The day membership is for first time participants only and is valid for this meet only. **DO NOT SEND MONEY FOR MEMBERSHIPS OR DAY MEMBERSHIPS WITH THE ENTRY.**

5. Admission for those other than a coach or athlete is \$3.00 per session, \$5.00 for both elementary relay days (Fri/Sat), or meet pass \$10.00.
6. No charge for volunteers or officials assigned to work an entire session.
7. Saskatchewan athletes who are not members of clubs affiliated with Saskatchewan Athletics will be shown as unattached on event sheets and in the meet results. Contact Saskatchewan Athletics if you wish to form a club.
8. Athletes must appear in proper uniforms.
9. **REGISTRATION.** In the main entrance of the Field House.  
Friday, January 9, 2009 4:00 p.m. - 9:00 p.m.  
Saturday, January 10, 2009 8:00 a.m. - 11:00 a.m.

**ATHLETES AND COACHES MUST REGISTER INDIVIDUALLY DURING THESE TIMES.**

**DO NOT PICK UP NUMBERS FOR YOUR GROUP.  
ATHLETES REQUIRE THE PASS  
IN THEIR ENVELOPE TO ENTER THE FIELD HOUSE.  
ENTRY FEES MUST BE PAID BEFORE NUMBERS WILL BE GIVEN OUT.**

10. **AWARDS:**  
Medals will be presented to the top three finishers in each event. Medals will be presented to the overall top three scorers in the triathlon.
11. Relays - Only clubs officially affiliated with the Athletics Canada through affiliation with their branch may enter teams in Senior and Age Class relays. All members of a relay team must be from the same club. Each member of a relay team must also be entered on the individual event entry form to facilitate the issue of a competitor's number.

Elementary school relays (grade 8 or less and under 15) will also be run. Entries by Saskatoon schools must be made through:

John Marciniuk Coordinator Instructional Services Saskatoon Separate Schools 420 - 22nd Street East Saskatoon, Sask. S7K 1X3 Phone: 668-7046	OR	Jeff Colquhoun Consultant (Physical Education) Saskatoon Public Schools 310 - 21 <sup>st</sup> Street East Saskatoon, Sask. S7K 1M7 Phone: 683-8249
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12. The track is 200 metres flat (Six lanes with eight on the straight).
13. Spikes longer than 5mm for track events and 7 mm for jumping events and spikes with large shoulders that would damage the track may not be worn. Minimum spike length is 3mm. Sharp pin spikes only. No cones, inserts or elements allowed.
14. Athletes who have not reported to the marshalling area by 15 minutes before the scheduled starting time (45 minutes for field events) their event will be scratched. Heats may be redrawn.
15. **Tentative Schedule** Only, final to be based on number of entries.  
NOTE : This is not the final order of events.

Thursday, January 8, 2009	Saturday, January 10, 2009 Morning
Elementary Heats	Triathlon Bantam (may only get two jumps/throws depending on number of entries). PV – Dual Men LJ – Dual Men HJ – Dual Women WT – Open, Dual Men WT – Open, Dual Women 1000 – Bantam, Midget, Juvenile 60 – Heats Midget, Juvenile, Wheelchair 200m – Wheelchair 4x200m – Dual 4x100m – Midget, Juvenile Men & Women 3000m – Dual
Friday, January 9, 2009	Saturday, January 10, 2009 Afternoon
Elementary Relay Semi's & Finals HJ - Midget, Juvenile Men & Women LJ - Midget, Juvenile Men & Women, Special "O" SP – Midget, Juvenile Men & Women, Special "O" PV – Open Women, Men 300 – Midget, Juvenile Men & Women 1500 – Midget Juvenile 60H – Bantam, Midget, Juvenile 50 – Invitational Men 200 – Invitational Women	PV – Dual Women PV – Invite Women LJ – Dual Women TJ – Dual Men & Women HJ – Dual Men SP – Dual Men & Women 60H – Dual, Invitational Women & Men 1000m – Dual Women & Men, Invitational Men 60m – Dual Women & Men, Invitational Men 60 – Finals Midget, Juvenile, Special "O" 600m – Dual Women & Men 400m – Wheelchair 400m – Invitational Women 300m – Dual Women & Men 4x800m – Dual Women & Men

16. To Enter:  
 Use of HyTek Team Manager is preferred.  
 Hy-Tek Team Manager Lite is free and available at: <http://www.hy-tek ltd.com/downloads.html>  
**Make cheques payable to the Knights of Columbus Saskatchewan Indoor Games.**

If paper entries are necessary for your club, the form is attached.  
**BE SURE TO USE THE CORRECT NUMBER FOR MALE AND FEMALE EVENTS.**

	Women						Men						
	Bant	Midg	Juv	Open	Sp. O.	W/C	Bant	Midg	Juv	Open	Sp. O.	W/C	
60		1	3		45	51	60		2	4		46	52
200						53	200						54
300		5	7				300		6	8			
400						55	400						56
1000	9	11	13				1000	10	12	14			
1500		15	17				1500		16	18			
60H	19	21	23				60H	20	22	24			
PV				25			PV				26		
HJ		27	29				HJ		28	30			
LJ		31	33		47		LJ		32	34		48	
SP		35	37		49		SP		36	38		50	
WT		39	41	43			WT		40	42	44		
Triathlon	45						Triathlon	46					

AGE CLASSES

Bantam	(Born 1996 or later)
Midget	(Born 1994 or 1995)
Juvenile	(Born 1992 or 1993)
Junior	(Born 1990 or 1991)
Senior	(Born 1989 or earlier)
Masters (Men & Women)	35 & over day of the race

ENTRY OF PERFORMANCES ON ENTRY FORMS

When entering performances on entry forms, use the following format (PUNCTUATION IS IMPORTANT).

FIELD EVENTS	m.cm
HAND TIME TRACK EVENTS	m.ss.t
FULLY AUTOMATIC TIMES TRACK EVENTS	m.ss.th

17. Meet Hotel: The Knights of Columbus have negotiated a special sports rate for visiting teams at the following hotel. The rates are for up to 4 per room. **Please ask for Knights of Columbus Saskatchewan Indoor Games rates and state that the reservation is for the Indoor Games.**

Saskatoon Inn  
 2002 Airport Drive  
 Saskatoon, Sk  
 S7L 6M4  
 (306) 242-1440

**The number of rooms is limited and will be allocated on a first-come, first-served basis.**

