



If you are an athlete from the Lakeland District (Zone 8) who is born in 1999 or later and interested in competing in Track and Field at the Saskatchewan Summer Games, this is some information you need to know. The Saskatchewan Summer Games Track and Field competition will be held July 24-27 in Estevan. (www.saskgames.ca)

The Lakeland District covers athletes in some or all of 5 different SHSAA Districts. They are North Central, North East, Horizon, Battle West, and Central Valley. (<http://www.lakelanddistrict.ca/images/Lakeland-Map.jpg>)

Athletes will be evaluated and chosen for the team based on the following meets:

1. City Championships – Ask your local coach for information regarding the meet.
2. SHSAA District (NC, NE, BW, HC, CV) Championships – Ask your school coach
3. SHSAA Provincial Championships – June 3-4th in Regina

In order to compete at the Saskatchewan Summer Games you will need to have a Sask Athletics membership. These can be purchased for season or the meet. (\$85 Season, \$10 Meet Pass)

The team will be chosen by the coaches based on performances achieved at these meets. You will be contacted in mid June if you have made the team or may be an alternate. If an athlete is chosen for the team and cannot commit for the team they must contact Harvey Weber as soon as possible.

Lakeland Coaches and Managers

Harvey Weber	Phone:	921-8365 cell	email: weber.harvey@nesd.ca
Nathan Noble	Phone:	940-8593 cell	email: nnoble@srsd119.ca
Greg Walker	Phone: 763-0654 H	960-6971 cell	email: gwalker@srsd119.ca
Arlene Town	Phone: 922-4324 H	930-7969 cell	email: adtown@shaw.ca

If you are selected for the Saskatchewan Summer Games Lakeland District Track and Field Team there will be a Team Fee that needs to be paid to Lakeland District which covers the cost of the transportation and the uniforms. Food and accommodation costs at the games are covered by the host committee.

Athletes must demonstrate appropriate behavior when representing the Lakeland District Team. Athletes not following the rules will have to deal with the consequences. Athletes who are not returning on the team bus must notify one of the coaches of their arrangements.

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Saskatchewan Summer Games 2016

Athlete Selection Application

Application Deadline is Saturday June 11th

(This form must be received by one of the coaches by June 11th)

Name: _____ Address: _____

School/Club: _____ Male/Female: _____ Shirt Size: (unisex) _____

City/Town: _____ Postal Code: _____

Phone (h) _____ (c) _____ Sask Athletics No.: _____

Email: _____ Date of Birth DD/MM/YY: _____

Parent/Guardian Name: _____ Personal Coach: _____

Event SELECTION (check off which events you are interested in competing in):

- | | | | |
|--------------------------------------|--|--|--|
| <input type="checkbox"/> Long Jump | <input type="checkbox"/> Shot Put | <input type="checkbox"/> 110m Hurdles (male) | <input type="checkbox"/> 1500m |
| <input type="checkbox"/> High Jump | <input type="checkbox"/> Javelin | <input type="checkbox"/> 200m | <input type="checkbox"/> 3000m |
| <input type="checkbox"/> Triple Jump | <input type="checkbox"/> Hammer | <input type="checkbox"/> 300m Hurdles | <input type="checkbox"/> 4 x 100m Relay |
| <input type="checkbox"/> Pole Vault | <input type="checkbox"/> 100m | <input type="checkbox"/> 400m | <input type="checkbox"/> Sprint Medley Relay |
| <input type="checkbox"/> Discus | <input type="checkbox"/> 100m Hurdles (female) | <input type="checkbox"/> 800m | <input type="checkbox"/> Pentathlon (100, HJ, SP, LJ, 800) |

Special Olympic Events

- 100m 200m 400m Long Jump Shot Put 4x100m relay

Your Personal Bests

1. Event: _____ Distance/Time: _____ Meet: _____ Date: _____
2. Event: _____ Distance/Time: _____ Meet: _____ Date: _____
3. Event: _____ Distance/Time: _____ Meet: _____ Date: _____
4. Event: _____ Distance/Time: _____ Meet: _____ Date: _____

Will you be willing to run in the relays Yes / No

If so, what position have you usually run? Start, 2nd, 3rd, Anchor _____

List 3 positive traits you have that would make you a great teammate for an event such as the Saskatchewan Summer Games.

1. _____
2. _____
3. _____

