

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

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)

School/Club:	Name	Name: Address:						
Phone (h)	School/Club:		Male/I	-emale:	Shirt Size: (unisex)			
Email:	City/T	own:	Postal Code:					
Parent/Guardian Name: Personal Coach: Long Jump Shot Put High Jump Javelin Jump Javelin Joom 3000m Triple Jump Hammer Joom Sprint Medley Relay Discus 100m Joom B00m Special Olympic Events 1 Event: Discus 100m Joon Autom relay Your Personal Bests 1 Event: Distance/Time: Meet: Distance/Time: Meet: <t< td=""><td>Phone</td><td>e (h)</td><td>(c)</td><td colspan="4"> (c) Sask Athletics No.:</td></t<>	Phone	e (h)	(c)	(c) Sask Athletics No.:				
Event SELECTION (check off which events you are interested in competing in): Long Jump Shot Put 110m Hurdles (male) 1500m High Jump Javelin 200m 3000m Triple Jump Hammer 300m Hurdles 4 x 100m Relay Pole Vault 100m 400m Sprint Medley Relay Discus 100m Hurdles (female) 800m Pentathlon (100, HJ, SP LJ, 800) Special Olympic Events 100m Long Jump Shot Put 4x100m relay Your Personal Bests 1 Event: Distance/Time: Meet: Date: 2. Event: Distance/Time: Meet: Date: Date: Meet: Date: 3. Event: Distance/Time: Meet: Date: Meet: Date: Meet: Date: Meet: Meet: Date: Meet: Meet: Date: Meet: M	Email	·	Date of Birth DD/MM/YY:					
Long Jump Shot Put 110m Hurdles (male) 1500m High Jump Javelin 200m 3000m Triple Jump Hammer 300m Hurdles 4 x 100m Relay Pole Vault 100m 400m Sprint Medley Relay Discus 100m Hurdles (female) 800m Pentathlon (100, HJ, SP, LJ, 800) Special Olympic Events 100m Long Jump Shot Put 4 x100m relay Your Personal Bests 1 Event: Distance/Time: Meet: Date:	Paren							
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Pole Vault 100m 400m Sprint Medley Relay Discus 100m Hurdles (female) 800m Pentathion (100, HJ, SP, LJ, 800) Special Olympic Events 100m Long Jump Shot Put 4x100m relay Your Personal Bests 1 Event: Distance/Time: Meet: Date: 2. Event: Distance/Time: Meet: Date: 100m 3. Event: Distance/Time: Meet: Date: 100m 4. Event: Distance/Time: Meet: Date: 100m Will you be willing to run in the relays Yes / No If so, what position have you usually run? Start, 2 nd , 3 rd , Anchor List 3 positive traits you have that would make you a great teammate for an event such as the Saskatchewan Summer Games	🗌 High Jur	mp	Javelin	200m	3000m			
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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, 2 nd , 3 rd , Anchor List 3 positive traits you have that would make you a great teammate for an event such as the Saskatchewan Summer Games	Pole Va	ult	100m	400m	Sprint Medley Relay			
100m 200m 400m Long Jump Shot Put 4x100m relay Your Personal Bests 1. Event: Distance/Time: Meet: Date:	Discus		100m Hurdles (female)	□ 800m	Pentathlon (100, HJ, SP, LJ, 800)			
Your Personal Bests 1. Event:	Special	Olympic Events						
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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, 2 nd , 3 rd , Anchor List 3 positive traits you have that would make you a great teammate for an event such as the Saskatchewan Summer Gamese	Your Pe	ersonal Bests						
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If so, what position have you usually run? Start, 2 nd , 3 rd , Anchor	4.	Event:	Distance/Time:	Meet:	Date:			
List 3 positive traits you have that would make you a great teammate for an event such as the Saskatchewan Summer Game	Will you	ı be willing to run in	the relays Yes / No					
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				chewangame				

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