



North American Indigenous Games Team Sask-Athletics Trials for Track and Field, and Cross-Country September 2019

The North American Indigenous Games (NAIG) will be held **July 12-18, 2020, in Halifax, Nova Scotia** Trials for the Saskatchewan Team going to these games will be held as follows:

If you are interested in receiving more information about the trials, we encourage you to register at www.teamsasknaig.ca

Track and Field

Site Saskatoon, SK – Gordie Howe Bowl Track

Date September 14, 2019, (1:00PM to 6:00PM), September 15, 2019 (10:00AM to 2:45 PM)

Cross Country

Site Muskoday First Nation (Approximately 20 Km Southeast of Prince Albert on Highway #3)

Date September 21, 2019

Registration

Track and Field- September 14 & 15, 2019

Registration will begin at 10:00AM Saturday, September 14, 2019 at the Gordie Howe Bowl track and continue throughout the meet. All athletes must register prior to competing and receive their competition numbers.

Cross Country- Saturday, September 21, 2019

10:30 AM Registration will start at Muskoday School.

11:00 AM Course walk through.

12 noon First race (see schedule)

Fees

Track and Field

Each athlete will be assessed a \$50 participation fee for athletics which covers both track and field and Cross Country. This fee is assessed to all participants of all sports and must be submitted prior to participation in the trials. Certified cheque or money order payable to Saskatchewan Aboriginal Track and Field may be submitted with registration form by September 9, 2019 or make payment when registering (Visa payment will be available on site or cash may be used for payment) but entries must be filled out online before the deadline date to avoid late fees. A late fee of an additional \$20 will be assessed for athletes entering on the day of the meet. All late entries must be completed by 11:00 AM Saturday, September 14, 2019 for Track and Field.

Cross Country

A registration fee of \$50 will be charged for all participants who did not participate in the Track and Field Trials held in Saskatoon on September 14 & 15, 2019.

Entries

Track and Field

**Entries are to be done online by September 9, 2019 to avoid late fees. Online entry information is available on the Saskatchewan Aboriginal Track and Field website: Register online at www.saskatf.ca



Cross Country

If an athlete is entering only Cross Country trials, submit entries to Saskatchewan Aboriginal Track and Field online at: www.saskatf.ca by September 16, 2019 to avoid late fees.

Team Selection

Team selection will be held after the cross-country trials by the NAIG Team Staff. **Only 8 athletes can be selected in each age group to cover all events including cross-country, therefore winning an event at the trials does not guarantee a spot on the team due to limited team size.** Distance runners are encouraged to enter cross-country as well as track events.

Eligibility

Indigenous Ancestry:

All athletes competing in the NAIG must be born of North American Indigenous ancestry.

All participants must make available proof of ancestry. The following will be accepted as proof of ancestry.

Canada:

Treaty/status Card, First Nations' Card, Inuit and Inuvait identification, or Provincial Metis Card.

If none of the above apply, a Declaration of Indigenous Ancestry must be completed by the athlete, submitted to the team and endorsed by the team Chef de Mission. If a protest is lodged against such a participant, the Declaration accompanied with all relevant proof of ancestry (ie, birth certificate, Tribal/Band letters, and all other pertinent documents) must be presented by the team on behalf of the athlete, as proof of their ancestry.

Events offered are: (N/A) means event not offered for that age group)

CLASS	13-14		15-16		17,18,19	
Age as of competition in 2020	2006-2007 Bantam		2004-2005 Mid		2001 – 2002 – 2003 Youth	
Gender	M	F	M	F	M	F
80 m	√	√	N/A	N/A	N/A	N/A
100m	N/A	N/A	√	√	√	√
150m	√	√	N/A	N/A	N/A	N/A
200m	N/A	N/A	√	√	√	√
300m	N/A	N/A	√	√	N/A	N/A
400m	N/A	N/A	N/A	N/A	√	√
800m	√	√	√	√	√	√
1200m	√	√	√	√	N/A	N/A
1500m	N/A	N/A	N/A	N/A	√	√
2000m	N/A	N/A	√	√	N/A	N/A
3000m	N/A	N/A	N/A	N/A	√	√
High Jump	√	√	√	√	√	√
Long Jump	√	√	√	√	√	√
Triple Jump	N/A	N/A	√	√	√	√
Shot Put	√ (3kg)	√ (3kg)	√ (4kg)	√ (3kg)	√ (6kg)	√ (4kg)
Discus	√(750g)	√(750g)	√ (1kg)	√ (1kg)	√(1.75kg)	√ (1kg)
Javelin	√(400g)	√(400g)	√(600g)	√(500g)	√(800g)	√(600g)



*Cross Country is also offered in each age group and trials will be held on September 21, 2019 at Muskoday First Nation. (20Km southeast of Prince Albert on highway #3)

Cross Country

Age Group	Born in	Distance
Women 13-14	2006-2007 Bantam	2km
Men 13-14	2006-2007 Bantam	2km
Women 15-16	2004-2005 Mid	3km
Midget Men 15-16	2004-2005 Mid	3km
Women 17-18-19	2001-2002-2003 You	6km
Men 17-18-19	2001-2002-2003 You	8km

Schedule for Cross-Country is as follows:

Registration: 10:30am		Course Walk Through: 11:00am	
	Age Group	Born in	Distance
12:00pm	Women 13-14	2006-2007 Bantam	2km
12:20pm	Men 13-14	2006-2007 Bantam	2km
12:40pm	Women 15-16	2004-2005 Mid	3km
1:10pm	Men 15-16	2004-2005 Mid	3km
1:40pm	Women 17-18-19	2001-2002-2003 You	6km
2:10pm	Men 17-18-19	2001-2002-2003 You	8km



NORTH AMERICAN INDIGENOUS GAMES TEAM SASK 2019 **ATHLETICS TRIALS Schedule**

TRACK EVENTS Saturday September 14, 2019

- 2:00 - 80 Bantam Women Heats (Finals run here if 8 or fewer)
- 2:15 - 80 Bantam Men Heats (Finals run here if 8 or fewer)
- 2:30 - 100 Mid Women Heats (Finals run here if 8 or fewer)
- 2:45 - 100 Mid Men Heats (Finals run here if 8 or fewer)
- 3:00 - 100 Youth Women Heats (Finals run here if 8 or fewer)
- 3:15 - 100 Youth Men Heats (Finals run here if 8 or fewer)

- 3:30 - 1200 Bantam Women Final
- 3:40 - 1200 Bantam Men Final
- 3:50 - 1200 Mid Women Final
- 4:00 - 1200 Mid Men Final
- 4:10 - 1500 Youth Women Final
- 4:20 - 1500 Youth Men Final

- 4:45 - 100 Mid Women Final
- 4:50 - 100 Mid Men Final
- 4:55 - 100 Youth Women Final
- 5:00 - 100 Youth Men Final
- 5:05 - 80 Bantam Women Final
- 5:10 - 80 Bantam Men Final

- 5:40 - 300 Mid Women Final
- 5:50 - 300 Mid Men Final
- 6:10 - 400 Youth Women Final
- 6:20 - 400 Youth Men Final



Track Events Sunday, September 15, 2019

10:00 -150 metres Bantam Women Heats (Finals run here if 8 or fewer)

10:15 -150 metres Bantam Men Heats (Finals run here if 8 or fewer)

10:30 -200 metres Mid Women Heats (Finals run here if 8 or fewer)

10:45 -200 metres Mid Men Heats (Finals run here if 8 or fewer)

11:00 -200 metres Youth Women Heats (Finals run here if 8 or fewer)

11:15 -200 metres Youth Men Heats (Finals run here if 8 or fewer)

11:30 -800 Bantam Women

11:40 -800 Bantam Men

11:50 -800 Mid Women

12:00 -800 Mid Men

12:10 -800 Youth Women

12:20 -800 Youth Men

1:15 -150 Bantam Women Final

1:20 -150 Bantam Men Final

1:25 -200 Mid Women Final

1:30 -200 Mid Men Final

1:35 -200 Youth Women Final

1:40 -200 Youth Men Final

2:00 -2000 Mid Women

2:15 -2000 Mid Men

2:30 -3000 Youth Women

2:45 -3000 Youth Men



FIELD EVENTS (Saturday, September 14, 2019)

	Women	Men	Women	Men	Women	Men
	2006-2007 Bantam	2006-2007 Bantam	2004-2005 Mid	2004-2005 Mid	2001-2002- 2003 Youth	2001-2002- 2003 Youth
1:00	Long Jump	Discus 750g	Triple Jump	Javelin 600g	High Jump	Shot Put 6kg
2:20	Shot Put 3kg	Long Jump	Discus 1kg	Triple Jump	Javelin 600g	High Jump
3:40	High Jump	Shot Put 3kg	Long Jump	Discus 1kg	Triple Jump	Javelin 800g
5:00	Javelin 400g	High Jump	Shot Put 3kg	Long Jump	Discus 1kg	Triple Jump

FIELD EVENTS (Sunday, September 15, 2019)

	Women	Men	Women	Men	Women	Men
	2006-2007 Bantam	2006-2007 Bantam	2004-2005 Mid	2004-2005 Mid	2001-2002- 2003 Youth	2001-2002- 2003 Youth
10:00		Javelin 400g	High Jump	Shot Put 4kg	Long Jump	Discus 1.75kg
11:00	Discus 750g		Javelin 500g	High Jump	Shot Put 4kg	Long Jump