



**Guelph Last Chance
February 16 – 17th, 2018
Gryphon Fieldhouse**

Information Sheet

Location: Gryphon Fieldhouse: located just north of the W.F. Mitchell Centre at the University of Guelph: 50 Stone Road East, Guelph, ON N1G 2W1. More information available here:

<http://gryphons.ca/sports/2016/6/1/fieldhouse-new.aspx>

Check-in: Please check-in to pickup your number at the registration table

Weigh-in: Please check-in with event judge upon arrival

FINAL Schedule:

FRIDAY

4:00pm - MIXED (Men's and Women's) WEIGHT THROW

Followed by MIXED (Men's and Women's) SHOT PUT

5:30 pm - Pole Vault with starting heights below 3m for women, 4m for men

SATURDAY

10:00 am - 300 METRES

10:15 am - 600 METRES

10:25 am - 800 METRES

10:35 am - 3000 METRES

11:30 am - WOMEN'S HIGH JUMP followed by MEN

11:30 am - WOMEN LONG JUMP

11:45 am - POLE VAULT – WOMEN followed by MEN

(starting heights - 3.00m for women, 4.00m for men)

11:50 am - 60 METRE HURDLES RUN 1

12:15 pm - 60 METRE HEATS

1:00 pm - MIXED (Men and Women) TRIPLE JUMP

1:20 pm - 60 HURDLES RUN 2

1:40 pm - 60 METRE FINAL (TRI-FINAL)

2:00 pm - MILE

2:20 pm - 1000 METRES

2:30 pm - MEN LONG JUMP

Events will be women then men, fast to slow