



July 13th, 2018

**Speed River Twilight Meet #3
Information and FINAL Schedule**

Information Sheet

Location : **Alumni Stadium, University of Guelph**
26 Powerhouse Lane, Guelph, ON N1G 2W1

More information available here:
<http://gryphons.ca/sports/2016/5/19/alumni-stadium-new.aspx>

Parking – Please be aware that the lower parking lot by the stadium is under construction, but there is parking at the upper lots.

IMPORTANT UPDATE

Pole Vault and Long Jump will be mixed gender competitions beginning at 7:00 pm

Please check-in at the registration table under the grandstand upon arrival to collect bibs.

Warmup and confirmation for track events will take place on the infield.

Track events will be women then men, races run fast to slow.

Field Event athletes report directly to your event site for warmup and confirmation.

FINAL SCHEDULE

7:00 pm	400m Hurdles
7:00 pm	Men's and Women's Pole Vault
7:00 pm	Men's and Women's Long Jump
7:15 pm	100m Timed Sections (top 8 times advance)
7:40 pm	100m/110m Hurdles
7:55 pm	100m (top 8 - Second Run)
8:10 pm	800m
8:40 pm	200m
9:05 pm	1500m