

# **SPEED RIVER**



**TRACK & FIELD CLUB**

**July 31<sup>st</sup>, 2018**

## **Speed River Twilight Meet #4 Information and Tentative 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**

**High Jump will be a mixed gender competitions beginning at 7:00 pm**  
**Men's Long Jump will begin at 7:00 pm followed by Women's at 8:00pm**

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.

#### **SCHEDULE**

<b>7:00 pm</b>	Mixed Gender High Jump
<b>7:00 pm</b>	Men's Long Jump
<b>7:15 pm</b>	100m/110m Hurdles
<b>7:30 pm</b>	100m
<b>7:50 pm</b>	400m
<b>8:00 pm</b>	Women's Long Jump
<b>8:10 pm</b>	800m
<b>8:35 pm</b>	3000m