



# The Gaels/Gryphons Relays

May 9th, 2019

University of Guelph Gryphon Stadium

Hosted by Guelph CVI and the Guelph Gryphons



## Track Schedule

Times are tentative, we will run ahead of schedule up to 30 minutes when available.

8:30 AM Open Girls 2000m Steeplechase

8:45 AM Open Boys 2000m Steeplechase

9:15 AM MG 80m Sprint Hurdles

9:30 AM JG 80m Sprint Hurdles

9:45 AM SG 100m Sprint Hurdles

10:00 AM MB 100m Sprint Hurdles

10:20 AM JB 100m Sprint Hurdles

10:40 AM SB 110m Sprint Hurdles

11:00 AM JG 4 x 800

11:15 AM JB 4 x 800

11:30 AM SG 4 x 800

11:45 AM SB 4 x 800

12:00 PM MG 4 x 100

12:15 PM MB 4 x 100

12:30 PM JG 4 x 100

12:45 PM JB 4 x 100

1:00 PM SG 4 x 100

1:15 PM SB 4 x 100

1:30 PM Invitational Girls 400m

1:40 PM Invitational Boys 400m

1:50 PM Open Girls 1500m

2:40 PM Open Boys 1500m

3:40 PM JG Sprint Medley Relay (800-200-200-400)

3:50 PM JB Sprint Medley Relay (800-200-200-400)

4:00 PM SG Sprint Medley Relay (800-200-200-400)

4:10 PM SB Sprint Medley Relay (800-200-200-400)

4:20 PM MG 300 Hurdles

4:30 PM JG 300 Hurdles

4:40 PM SG 400 Hurdles

5:00 PM MB 300 Hurdles

5:10 PM JB 300 Hurdles

5:20 PM SB 400 Hurdles

## FIELD Schedule

	8:30 am	10:00 am	11:30 am	1:00 pm	2:30 pm	4:00 pm
Shot Put	SB	MB	MG	JB	SG	JG
Javelin	JG	SB	JB	SG	MG	MB
Long Jump	SG	MG	JG	SB	MB	JB
Triple Jump	MB	JB	SB	MG	JG	SG
High Jump	MG	JG	SG	MB	JB	SB
Pole Vault	OG - 9:00 am Start Starting height 1.40, up by 15cm until complete			12:30 pm Start OB Starting height 1.80m, up by 20 cm until complete		



## **The Gaels/Gryphons Relays**

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*University of Guelph Gryphon Stadium*

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*Gryphons*

**GUELPH CVI  
GAELS**

**Date: Thursday May 9th, 2019**

**Cost: \$20/Athlete to a team maximum of \$360**

**Cheques made payable to: Guelph CVI**

**Entries: Due by Monday May 6th at 11:59 pm. Entry file is at [www.trackie.reg](http://www.trackie.reg)**

**We will make every effort to run on time or up to 30 minutes ahead of schedule if possible. The exception will be the field events in which we will make every attempt to run each event on time.**

**The 400m invitational sections will be limited to the top 8 individual times, once verified.**

**If you have athletes interested, their name and seed time must be submitted via email to [richard.tremain@ugdsb.on.ca](mailto:richard.tremain@ugdsb.on.ca) by Friday May 3rd at 4:00pm. The successful entrants will be notified by Friday May 3rd at 9:00pm.**

**The 1500 will be run in seeded sections to ensure quality races. Therefore Midgets may be running against Seniors. Ribbons will be awarded to the 3 fastest overall (not from each heat)**

**Ribbons will be awarded to the top 3 in each event. The school with the most points at the completion of the meet will have their name placed on the championship plaque. Scoring will be as follows for each event contested:**

**1st - 10, 2nd - 8, 3rd - 6, 4th - 5, 5th - 4, 6th - 3, 7th - 2, 8th - 1**

**Previous Champions:**

**2017          John F Ross Royals**

**2018          John F Ross Royals**