

RAVEN USPORT LAST CHANCE INVITATIONAL



RAVENS
CARLETON UNIVERSITY

SATURDAY, FEBRUARY 16TH, 2019

MEET SCHEDULE

* FINAL MEET SCHEDULE WILL BE POSTED ON FRIDAY, FEB 15TH

* WE WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE (UP TO 30MIN)

FIELD ACCESSIBILITY

- **10:00 AM** – Field one will be available for throwing events
- **11:00 AM** – Athletes can move all gear on to **All 3 inner turf fields**. Please conduct the majority warm-ups on the grass fields. Spikes can be worn on turf. Shot Put and Weight Throw will be conducted on field 3.

U16 DIVISION

Field Events	10:00	U16 Shot Put (All Entries)
	10:30	U16 High Jump (All Entries) 1m10 Opening Height
	10:30	U16 Long Jump (All Entries) 2 Runways / 2 Pits if required – 3 Jumps Allowed
Track Events	9:45	60m Girls/Boys - 4 pt. Start / No Starting Blocks
		60m Hurdles Girls Hurdles (80mH Standards), Boys Hurdles (100mH Standard)
		60m Hurdles COED Mini Hurdles – ONLY 22" High / 11m to H1 and 7m between / 6H
		800m Girls/Boys
		150m Girls/Boys – no blocks / 4-point start must be used
		2000m Girls/Boys
		4x100m Relay Coed Relay (Teams are assembled after the 2000m event at the Finish Line)

OPEN DIVISION

Field Events	12:00	Pole Vault M & W (Combined) Low Bar Opening Height – 2m21, Followed by – High Bar Opening Height – 3m41
	1:00	Shot Put – M & F (Combined) 4k, 5k, 6k, 7.26k Implement weights will be recorded on results. Enter the "Open Division" Shot Only
		Weight Throw – M & W (Combined)
	1:00	High Jump – Low Bar COED - 1.26m Opening Height. The Bar advances by 5cm increments. High Jump – High Bar COED (30 min. after the "Low Start Group" finishes competition) 1.46m - Opening Height for Males / Females. The bar advances by 5cm increments.
	1:30	Horizontal Jumps Pit 1 – 4 jump maximum. (Male LJ followed by Female LJ) Pit 2 – 4 jump maximum (Female TJ followed by Male TJ) *Horizontal jumps will not proceed until both pits have concluded previous event.
Track Events	12:00	RUNNING ORDER LISTED BELOW
		60m Hurdles Qualifying – Women / Men top 12 advance to 2 sec. finals
		60m Qualifying – Women / Men top 12 advance to 2 sec. finals
		600m – Section Finals – Women / Men
		1000m – Section Finals – Women / Men
		60m Hurdles Finals – Women / Men
		60m Finals – Women / Men
		3000m – Women & Men
		300m – Section Finals – Women / Men
		** First 3 Heats in each Gender may have the option of starting blocks
		** NO RUN-OUTS allowed
		1500m – Section Finals – Women / Men
		4 x 200m Relays – Women / Men
		4 x 400m Relays – Women / Men