



GUELPH GRYPHONS

Guelph Last Chance

February 15 – 16th, 2019

Gryphon Fieldhouse

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

Entry Fees: \$20 per athlete per event (\$30 for late entries)
\$250 max per team per gender

Meet Director: Scott MacDonald – scottmac@uoguelph.ca

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

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

FINAL SCHEDULE: Track events will be women then men, fast to slow

FRIDAY

4:30 pm	Invitational Men's POLE VAULT* Seeds over 4.40 - starting height 4.00
Followed by	Invitational Women's POLE VAULT** Seeds over 3.40 – starting height 3.00m
4:30 pm	MIXED (Men's and Women's) HIGH JUMP
7:00 pm	Speed River kids 60m
7:30 pm	MIXED (Men's and Women's) TRIPLE JUMP
7:30 pm	Speed River kids 800m
7:45 pm	1500m Invitational
8:15 pm	600m Invitational
8:30 pm	3000m

SATURDAY

8:30 am	MIXED (Men's and Women's) Open POLE VAULT
8:30 am	MIXED (Men's and Women's) WEIGHT THROW
10:00 am	MIXED (Men's and Women's) SHOT PUT
10:00 am	300m
10:45 am	Men's LONG JUMP Flight 1
11:00 am	60m Hurdle Heats
11:15 am	60m Heats (top 12 times advance to A-B-C finals)
11:45 pm	Men's LONG JUMP Flight 2
12:15 pm	60m Hurdle FINAL
12:45 pm	60m FINALS
1:00 pm	Men's LONG JUMP FINAL
2:00 pm	600m
2:15 pm	Women's LONG JUMP Flight 1
3:00 pm	1500m
3:15 pm	Women's LONG JUMP Flight 2
4:00 pm	1000m
4:30 pm	Women's LONG JUMP FINAL