



**University of Windsor
Fourteenth Annual Lancer Prep Invitational
Saturday, April 27, 2019**

INFORMATION SHEET

1. Location: University of Windsor Stadium, Huron Church and College Ave.
2. Eligibility: Open to High School athletes **ONLY**. Athletes **MUST** be entered by their school – no individual entries.
3. Entry Deadline: Tuesday April 23rd by 11:59pm. All entries will be processed using Trackie using this direct link: www.trackiereg.com/2019LancerPrep
Coaches should contact Brett Lumley (lumley3@uwindsor.ca) to have their login email added, allowing them to process their teams entries on Trackie.
4. Entry Fee: \$5.00 per event & \$10 per relay to a team maximum of \$400. Cheques should be made payable to: **“University of Windsor”**. **Please read information regarding scratches below.**
5. Scratches: Scratches received by **Thursday, April 25th (Noon)** will be accepted and the **Team’s Entry Fee will be deducted to reflect the scratches received by this deadline.**
6. Team Packages: Envelopes containing competition numbers, a revised schedule, and final scratch forms etc. will be available at the stadium entrance. Entry fees for all athletes entered, reflecting scratches received by the deadline, must be paid at this time.
7. Awards: Awards will be presented to the top 3 finishers in each event.
8. Track: 400 metre Mondo eight-lane track with two eight lane straight-aways. Track and all jumping surfaces are Mondo, throwing circles are concrete. Javelin approach is Mondo.
9. 9. Spikes: Cone style spikes only are allowed for all track and jumping events - no longer then 6mm. Shoes will be checked and offenders retired.



10. Throwing Implements: Athletes are required to bring their own throwing implements. We will be weighing equipment at competition site. Implements in the competition must be shared.

11. Starting Heights:

High Jump

	Midget	Junior	Senior
Girls	1.20m	1.25m	1.30m
Boys	1.45m	1.50m	1.60m

Pole Vault

	Midget	Junior	Senior/Open
Girls			2.20m
Boys	2.50m	2.70m	2.80m

12. Scoring: This meet will not be scored.
13. First Aid: Qualified athletic therapists will be available throughout the meet. Kindly provide your own tape.
14. Light Refreshments: The concession stand at the University of Windsor stadium will be open at 10:00 AM.
15. Coaches/Spectating All coaches must be in the coaching areas adjacent to the field events or in the main grandstand. Coaches are **NOT** permitted on the infield.
16. Admission There will be a \$2 entry admission for spectators.
17. Schedule: A tentative schedule of events is enclosed. A finalized schedule, based on the entries received will be enclosed in your team package and will be posted at ww.golancers.ca on Friday, follow the link to Track and Field/Additional Links.
18. Questions Direct entries, seed times, fees, and inquiries to:

Mr. Brett Lumley (Ext. 2423)
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University of Windsor
Windsor, ON N9B 3P4

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TENTATIVE SCHEDULE
14TH ANNUAL LANCER PREP INVITATIONAL
 SATURDAY, APRIL 27, 2019
 UNIVERSITY OF WINDSOR STADIUM
 WINDSOR, ON

<u>Track</u>		<u>Field</u>	
9:30am	300mH Midget Girls	9:30am	Midget Girls Long Jump
9:35am	300mH Junior Girls		Junior Girls Triple Jump
9:45am	300mH Midget Boys		Senior Girls High Jump
9:50am	300mH Junior Boys		Midget Boys Shot Put
10:00am	400mH Senior Girls		Senior Boys Javelin
10:05am	400mH Senior Boys		Junior Boys Discus
10:15am	1500m Midget Girls		
10:25am	1500m Midget Boys	10:45am	Midget Girls Shot Put
10:40am	1500m Junior Girls		Senior Girls Javelin
10:50am	1500m Junior Boys		Midget Boys Long Jump
11:05am	1500m Senior Girls		Senior Boys High Jump
11:15am	1500m Senior Boys		M/J/S Boys Pole Vault
11:25am	100m Midget Girls		Junior Boys Triple Jump
11:35am	100m Midget Boys		Junior Girls Discus
11:45am	100m Junior Girls		
11:55pm	100m Junior Boys		
12:05pm	100m Senior Girls		
12:10pm	100m Senior Boys		
		1:00pm	Midget Girls High Jump
1:00pm	80mH Midget Girls		Junior Girls Long Jump
1:10pm	80mH Junior Girls		Senior Girls Triple Jump
1:20pm	100mH Senior Girls		Midget Boys Javelin
1:25pm	100mH Midget Boys		Junior Boys Shot Put
1:30pm	100mH Junior Boys		Senior Boys Discus
1:40pm	110mH Senior Boys		
1:50pm	400m Midget Girls	2:15pm	Midget Girls Javelin
2:00pm	400m Midget Boys		Junior Girls Shot Put
2:05pm	400m Junior Girls		Midget Boys High Jump
2:10pm	400m Junior Boys		Junior Boys Long Jump
2:20pm	400m Senior Girls		Senior Boys Triple Jump
2:25pm	400m Senior Boys		Open Girls Pole Vault
2:40pm	4 x 100m Midget Girls		Senior Girls Discus
2:50pm	4 x 100m Midget Boys		
3:00pm	4 x 100m Junior Girls	3:30pm	Junior Girls High Jump
3:10pm	4 x 100m Junior Boys		Senior Girls Long Jump
3:20pm	4 x 100m Senior Girls		Junior Boys Javelin
3:30pm	4 x 100m Senior boys		Senior Boys Shot Put
3:40pm	3000m Open Girls		Midget Girls Triple Jump
4:00pm	3000m Open Boys		Midget Boys Discus
4:20pm	200m Midget Girls		
4:25pm	200m Midget Boys	4:45pm	Junior Girls Javelin
4:35pm	200m Junior Girls		Senior Girls Shot Put
4:45pm	200m Junior Boys		Midget Boys Triple Jump
4:50pm	200m Senior Girls		Junior Boys High Jump
4:55pm	200m Senior Boys		Senior Boys Long Jump
5:10pm	800m Midget Girls		Midget Girls Discus
5:20pm	800m Midget Boys		
5:30pm	800m Junior Girls		
5:40pm	800m Junior Boys		
5:50pm	800m Senior Girls		
6:00pm	800m Senior Boys		