



July 17th, 2019

**Speed River Twilight Meet #3
Information and 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>

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.

Events will be women then men, races run fast to slow.

Field Event athletes report directly to your event site for warmup and confirmation.

TENTATIVE SCHEDULE

7:00 pm	Pole Vault
7:15 pm	Triple Jump
7:15 pm	100m Women (3 heats)
7:25 pm	100m Men (4 heats)
7:45 pm	800m Women (1 heat)
7:50 pm	800m Men (2 heats)
8:00 pm	400m Women (1 heat)
8:05 pm	400m Men (2 heats)
8:15 pm	300m Women (2 heats)
8:20 pm	300m Women (2 heats)
8:30 pm	1500m Women (1 heat)
8:40 pm	1500m Men (3 heats)