



## 2019 Shermar Paul Holiday Lidlifter

- Date: Saturday, December 21, 2019
- Location: Louis Riel Dome  
1659 Bearbrook Rd,  
Gloucester, ON K1B 4N3
- Start Time: Saturday 12 noon
- Meet Director: Lyndon George, [lgeorge@caniathletics.com](mailto:lgeorge@caniathletics.com)
- Eligibility: University and Open athletes
- Entries: Must be submitted online by Friday, December 20 2019 by 11.59pm  
<http://www.trackie.com/online-registration/>
- Facility: 400m Flat Mondo – rubber 4-lane with 6-lane straightaway sprint lanes. All runways have Mondo rubber surface.
- Changing Facility: Locker Rooms are available for men and women. Bring your own lock if you need storage for the meet.
- Spikes: Maximum 5mm pyramid spikes.
- Timing: Fully electric timing
- Entry Fee: \$10 per event
- Scratches: Please make all scratches on arrival to the dome at the meet registration desk. There are **NO** refunds.



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**Meet Schedule**  
**Saturday, December 21, 2019**

Track Events		Event Details
60m Heats	Women	
60m Heats	Men	
60m Hurdles	Women	Timed Finals
60m Hurdles	Men	Timed Finals
600m	Women	Timed Finals
600m	Men	Timed Finals
60m Finals	Women	Top 18 times, A, B, C Finals
60m Finals	Men	Top 18 times, A, B, C Finals
1200m	Men	Timed Finals
1200m	Women	Timed Finals
1500m	Men	Timed Finals
1500m	Women	Timed Finals
300m	Women	Timed Finals .Blocks for first three heats only
300m	Men	Timed Finals. Blocks for first three heats only

**Field Events**

Field Events		Event Details
Long Jump	Women	4 jumps only
Long Jump	Men	4 jumps only

\*Water is the only drink permitted in the facility.