



GUELPH GRYPHONS

Guelph Last Chance

February 14 – 15th, 2020

Gryphon Fieldhouse

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

FINAL SCHEDULE: Track events will be run 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
5:00 pm	MIXED (Men's and Women's) HIGH JUMP
5:30 pm	MIXED (Men's and Women's) WEIGHT THROW
7:00 pm	MIXED (Men's and Women's) SHOT PUT
7:00 pm	MIXED (Men's and Women's) TRIPLE JUMP

SATURDAY

8:30 am	MIXED (Men's and Women's) Open POLE VAULT
10:10 am	300m Women
10:30 am	300m Men
11:00 am	Men's LONG JUMP Flight 1
11:00 am	3000m Women
11:15 am	3000m Men
11:30 am	60m Hurdle Heats Women
11:35 am	60m Hurdle Heats Men
11:45 am	60m Heats Women (top 12 times advance to A-B-C finals)
11:45 am	Men's LONG JUMP Flight 2
12:15 pm	60m Heats Men (top 12 times advance to A-B-C finals)
12:15 pm	Men's LONG JUMP FINAL
12:55 pm	1000m Women
1:00 pm	1000m Men
1:00 pm	Women's LONG JUMP Flight 1
1:10 pm	60m Hurdle FINAL Men
1:20 pm	60m Hurdle FINAL Women
1:30 pm	60m FINALS Women
1:40 pm	60m FINALS Women
1:45 pm	Women's LONG JUMP Flight 2
1:50 pm	1500m Women
2:00 pm	1500m Men
2:10 pm	600m Women
2:15 pm	600m Men
2:15 pm	Women's LONG JUMP FINAL