



**University of Windsor  
Fifteenth Annual Lancer Prep Invitational  
Saturday, May 7, 2022**

**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: Wednesday May 4<sup>th</sup> by 11:59pm. All entries will be processed using Trackie using this direct link: [www.trackiereg.com/2022LancerPrep](http://www.trackiereg.com/2022LancerPrep)  
Coaches should contact Brett Lumley ([lumley3@uwindsor.ca](mailto:lumley3@uwindsor.ca)) for assistance in processing their teams entries on Trackie.
4. Entry Fee: \$5.00 per event & \$10 per relay to a team maximum of \$400. Entry fees can be processed online through Trackie or by cheque payable to “University of Windsor”.
5. Scratches: Please submit any scratches prior to the meet and on meet day, a minimum of 60 minutes from the start of any event (track events only). This will allow for full and competitive sections.
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 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 than 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**

|       | Novice | Junior | Senior |
|-------|--------|--------|--------|
| Girls | 1.20m  | 1.25m  | 1.30m  |
| Boys  | 1.45m  | 1.50m  | 1.60m  |

**Pole Vault**

|       | Novice | 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. Concessions: The concession stand at the stadium will not be open.
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 \$3 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](http://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)  
Dept of Athletics and Recreational Services  
University of Windsor  
Windsor, ON N9B 3P4

Phone: (519) 253-3000  
Cell: (519) 984-2779

E-mail: [lumley3@uwindsor.ca](mailto:lumley3@uwindsor.ca)



TENTATIVE SCHEDULE  
**15TH ANNUAL LANCER PREP INVITATIONAL**  
 SATURDAY, MAY 7, 2022  
 UNIVERSITY OF WINDSOR STADIUM  
 WINDSOR, ON

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