



Guelph Last Chance | Saturday February 18th, 2023

Location: Gryphon Fieldhouse at the University of Guelph.

Meet Director: Paul Galas pgalas@uoguelph.ca

Implement Check-In: Please check in implements at the throwing site.

Team Camps: Each collegiate team will be assigned a dedicated area to store belongings and congregate. There will be a packet and finalized schedule included on arrival.

Unattached/Club Athletes: The meet will have limited open entries; club athletes must be invited or be an approved entry. All non-collegiate athletes or clubs should contact pgalas@uoguelph.ca for meet entry confirmation.

Cost: \$20.00 per athlete, with a maximum charge of \$400 per team. Registration should be done at <http://www.trackiereg.com/GuelphLC23> prior to Wednesday February 15th, 2023 @ 12:00pm (Noon).

Parking: Please see the attached map for further parking information.

Facility Rules: Please ensure you are following facility rules, specifically the removal of outdoor shoes on arrival and avoiding using nonathletic shoes on the track or field surfaces.

Vertical Jumps Progression:

WPV – 3.15m, 3.30m, 3.45m, 3.55m, +10cm

MPV- 4.00m, 4.15m, 4.30m, 4.45m, 4.55m, +10cm

MHJ – 1.74m, 1.79m, 1.84m, 1.89m, 1.94m, 1.99m, +3cm

WHJ – 1.43m, 1.48m, 1.53m, 1.58m, 1.63m, 1.68m, +3cm



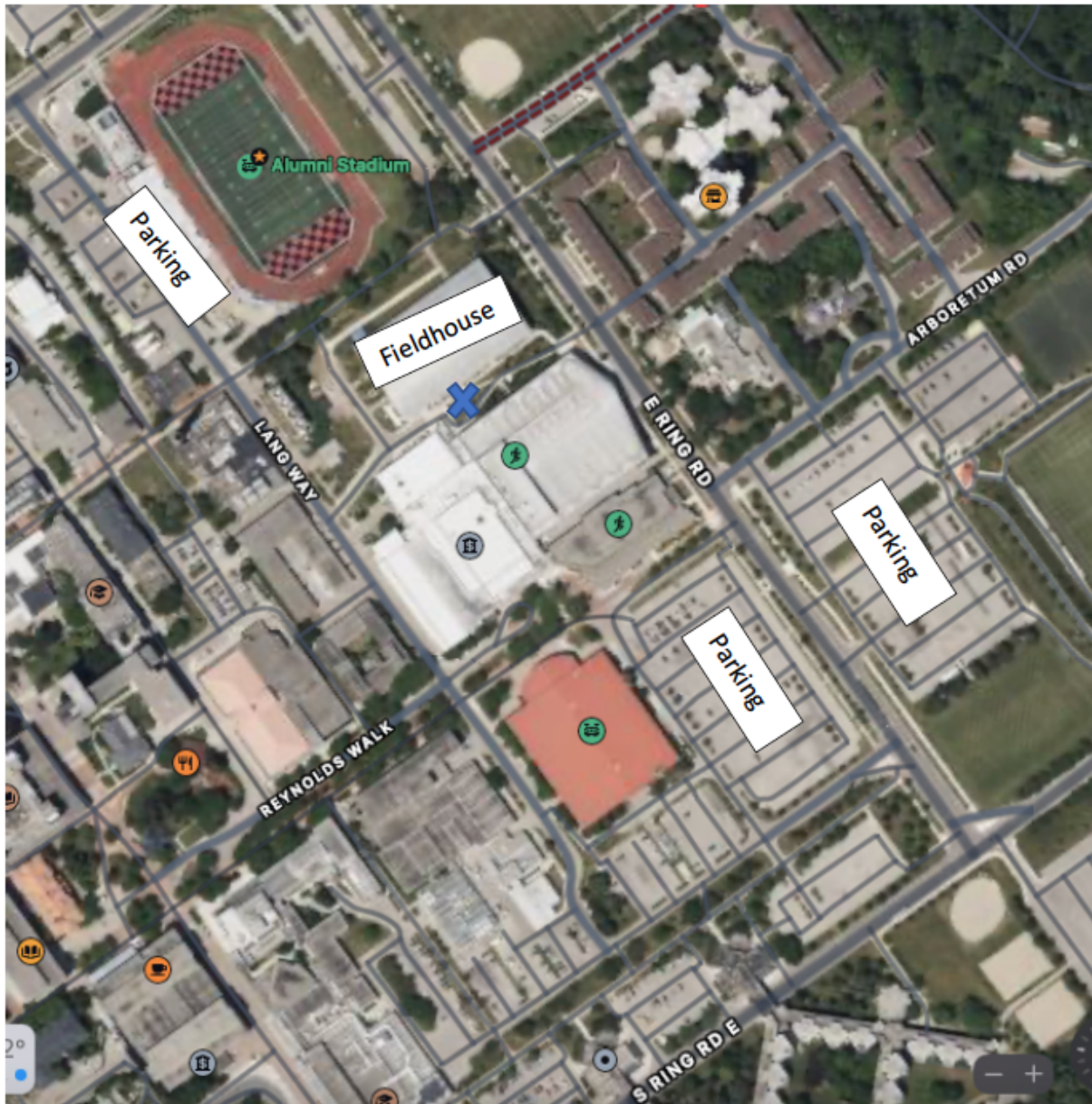
STRAIGHTAWAY EVENTS	
60m Heats (Women)	2:00pm
60m Heats (Men)	2:20pm
60mH Heats (Men)	2:45pm
60mH Heats (Women)	3:05pm
60m FINALS ABC (Women)	3:20pm
60m FINALS ABCD (Men)	3:30pm
60mH FINALS (Men)	3:45pm
60mH Semi Final (Women)	4:00pm
60mH Final (Women)	5:15pm
OVAL EVENTS *Rolling Schedule	
600m (Women)	5:50pm
600m (Men)	
1000m (Women)	
1000m (Men)	
1500m (Men)	
1500m (Women)	

THROWS EVENTS	
Shot Put (Women)	1:30pm
Shot Put (Men)	2:30pm
Weight Throw (Women)	3:45pm
Weight Throw (Men)	4:30pm
JUMPS EVENTS	
Pole Vault (Women)	1:15pm
High Jump (Women)	1:15pm
Long Jump (Women)	1:30pm
High Jump (Men)	2:30pm
Triple Jump (Mixed)	3:00pm
Pole Vault (Men)	3:30pm
Long Jump (Men)	5:00pm

Final Schedule



PARKING & DIRECTIONS



Gryphon Fieldhouse

55 E Ring Road, Guelph, ON, N1G 4Z8