

The Gaels/Gryphons Relays

May 2nd, 2023

University of Guelph Gryphon Stadium

Hosted by Guelph CVI



Track Schedule

Times are tentative, we will run ahead of schedule up to 30 minutes when available.

8:30 AM Open Girls 2000m Steeplechase

8:45 AM Open Boys 2000m Steeplechase

9:15 AM MG 80m Sprint Hurdles

9:30 AM JG 80m Sprint Hurdles

9:45 AM SG 100m Sprint Hurdles

10:00 AM MB 100m Sprint Hurdles

10:20 AM JB 100m Sprint Hurdles

10:40 AM SB 110m Sprint Hurdles

11:00 AM JG 4 x 800

11:15 AM JB 4 x 800

11:30 AM SG 4 x 800

11:45 AM SB 4 x 800

12:00 PM MG 4 x 100

12:15 PM MB 4 x 100

12:30 PM JG 4 x 100

12:45 PM JB 4 x 100

1:00 PM SG 4 x 100

1:15 PM SB 4 x 100

1:30 PM Invitational Girls 400m

1:40 PM Invitational Boys 400m

1:50 PM Open Girls 1500m

2:40 PM Open Boys 1500m

3:40 PM MG 300 Hurdles

3:50 PM JG 300 Hurdles

4:00 PM SG 400 Hurdles

4:10 PM MB 300 Hurdles

4:20 PM JB 300 Hurdles

4:30 PM SB 400 Hurdles

4:45 PM OG 4 x 400

5:15 PM OB 4 x 400

FIELD Schedule

	8:30 am	10:00 am	11:30 am	1:00 pm	2:30 pm	4:00 pm
Shot Put	SB	MB	MG	JB	SG	JG
Javelin	JG	SB	JB	SG	MG	MB
Long Jump	SG	MG	JG	SB	MB	JB
Triple Jump	MB	JB	SB	MG	JG	SG
High Jump	MG	JG	SG	MB	JB	SB

runningworks

Guelph's running + active lifestyle specialists



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Date: Tuesday May 2nd, 2023

Cost: \$20/Athlete and \$20/ Relay to a team maximum of \$400

Cheques made payable to: Guelph CVI

Entries: Due by Friday April 28th at 11:59 pm. Entry file is at www.trackie.reg

We will make every effort to run on time or up to 30 minutes ahead of schedule if possible. The exception will be the field events in which we will make every attempt to run each event on time.

The 400m invitational sections will be limited to the top 8 individual times, once verified.

If you have athletes interested, their name and seed time must be submitted via email to richard.tremain@ugdsb.on.ca by Wednesday April 26th at 4pm. The successful entrants will be notified by Friday April 28th at 4:00pm.

The 1500 will be run in seeded sections to ensure quality races. Therefore Novice athletes may be running against Seniors. Ribbons will be awarded to the 3 fastest overall (not from each heat).

Ribbons will be awarded to the top 3 in each event. The school with the most points at the completion of the meet will have their name placed on the championship plaque. Scoring will be as follows for each event contested:
1st - 10, 2nd - 8, 3rd - 6, 4th - 5, 5th - 4, 6th - 3, 7th - 2, 8th - 1

Previous Team Champions:

2017 John F Ross Royals

2018 John F Ross Royals

2019 Sarnia Northern Vikings

The Running works will provide a tent with shoes and apparel available for sale. There will also be food trucks and some on campus food options throughout the day

