



**University of Windsor
Sixteenth Annual Lancer Prep Invitational
Saturday, May 6, 2023**

INFORMATION SHEET

1. Location: Alumni Stadium, University of Windsor, 2555 College Ave., Windsor, ON
2. Eligibility: Open to High School athletes **ONLY**. Athletes **MUST** be entered by their school – no individual entries.
3. Entry Deadline: Tuesday May 2nd by 11:59pm. All entries will be processed using Trackie using this direct link: www.trackiereg.com/2023LancerPrep
Coaches should contact Brett Lumley (lumley3@uwindsor.ca) for assistance in processing their teams entries on Trackie.
4. Entry Fee: \$7.00 per event & \$12 per relay to a team maximum of \$450. 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 then 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	1.10m	1.15m	1.20m
Boys	1.40m	1.45m	1.50m

Pole Vault

	Novice	Junior	Senior/Open
Girls	1.80	2.00	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, cash only.
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 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



TENTATIVE SCHEDULE
16TH ANNUAL LANCER PREP INVITATIONAL
 SATURDAY, MAY 6, 2023
 ALUMNI STADIUM, UNIVERSITY OF WINDSOR

<u>Track</u>		<u>Field</u>	
9:30am	2000mSC Girls	9:30am	Novice Girls Long Jump
9:45am	2000mSC Boys		Junior Girls Triple Jump
10:00am	300mH Novice Girls		Senior Girls High Jump
10:05am	300mH Junior Girls		Novice Boys Shot Put
10:10am	400mH Senior Girls		Senior Boys Javelin
10:20am	300mH Novice Boys		Junior Boys Discus
10:25am	300mH Junior Boys		
10:30am	400mH Senior Boys	10:45am	Novice Girls Shot Put
10:40am	1500m Novice Girls		Senior Girls Javelin
10:50am	1500m Novice Boys		Novice Boys Long Jump
11:00am	1500m Junior Girls		Senior Boys High Jump
11:10am	1500m Junior Boys		N/J/S Boys Pole Vault
11:15am	1500m Senior Girls		Junior Boys Triple Jump
11:25am	1500m Senior Boys		Junior Girls Discus
11:35am	100m Novice Girls		
11:45am	100m Novice Boys		
11:55am	100m Junior Girls		
12:05pm	100m Junior Boys		
12:15pm	100m Senior Girls	1:00pm	Novice Girls High Jump
12:25pm	100m Senior Boys		Junior Girls Long Jump
			Senior Girls Triple Jump
			Novice Boys Javelin
			Junior Boys Shot Put
			Senior Boys Discus
1:30pm	80mH Novice Girls		
1:40pm	80mH Junior Girls		
1:50pm	100mH Senior Girls		
1:55pm	100mH Novice Boys		
2:00pm	100mH Junior Boys	2:15pm	Novice Girls Javelin
2:10pm	110mH Senior Boys		Junior Girls Shot Put
2:25pm	400m Novice Girls		Novice Boys High Jump
2:35pm	400m Novice Boys		Junior Boys Long Jump
2:45pm	400m Junior Girls		Senior Boys Triple Jump
2:55pm	400m Junior Boys		N/J/S Girls Pole Vault
3:05pm	400m Senior Girls		Senior Girls Discus
3:15pm	400m Senior Boys		
3:30pm	4 x 100m Novice Girls	3:30pm	Junior Girls High Jump
3:40pm	4 x 100m Novice Boys		Senior Girls Long Jump
3:50pm	4 x 100m Junior Girls		Junior Boys Javelin
4:00pm	4 x 100m Junior Boys		Senior Boys Shot Put
4:10pm	4 x 100m Senior Girls		Novice Girls Triple Jump
4:20pm	4 x 100m Senior boys		Novice Boys Discus
4:30pm	3000m Open Girls		
4:45pm	3000m Open Boys	4:45pm	Junior Girls Javelin
5:00pm	200m Novice Girls		Senior Girls Shot Put
5:10pm	200m Novice Boys		Novice Boys Triple Jump
5:20pm	200m Junior Girls		Junior Boys High Jump
5:30pm	200m Junior Boys		Senior Boys Long Jump
5:40pm	200m Senior Girls		Novice Girls Discus
5:50pm	200m Senior Boys		
6:00pm	800m Novice Girls		
6:10pm	800m Novice Boys		
6:15pm	800m Junior Girls		
6:25pm	800m Junior Boys		
6:30pm	800m Senior Girls		
6:35pm	800m Senior Boys		