



**UNIVERSITY OF GUELPH LAST CHANCE
SATURDAY Feb 17th 2024 Meet Information**

1. Competitors

- This meet is primarily meant for university athletes and schools
- Any post-collegiate or Open athletes who wish to compete are to contact the Meet Director for approval and invitation to the meet

2. Track & Field Entry Limits

- 4 athletes per event (coaches may request more per event and this may be considered if entry numbers allow)

3. Entry Fee

- \$20 per event, \$600 maximum per institution
- \$40 Late fee per event

4. Entry Deadline

- Deadline: 11:59pm Wednesday Feb 14th
- Late Deadline: 5:00pm Thursday Feb 15th

5. Entry Method

- Exclusively on Trackie for all registrants
- LINK: <https://www.trackie.com/event/2024-GuelphLC24>

6. Team Packages

- Envelopes containing competition information will be placed in the team camps where your team will be assigned an area on the infield

7. Event Check In

- Athletes report to check in table located at appropriate start line a minimum of 15 minutes prior to posted start time, Field eventers please report to the competition site 30 minutes prior to start time

8. Spikes

- 6mm pyramid only for all events, 9mm pyramid will be allowed for the High Jump

9. Timing

- Full automated timing
- Live results will be available on meet day on Speed River Timing

10. Change Rooms

- Change rooms are available on site

11. Medical

- There will be integrated support staff near by

12. Inquiries

- Paul Galas, Meet Director, pgalas@uoguelph.ca, 647 939 7260

13. Parking

- Please use parking information noted as attached

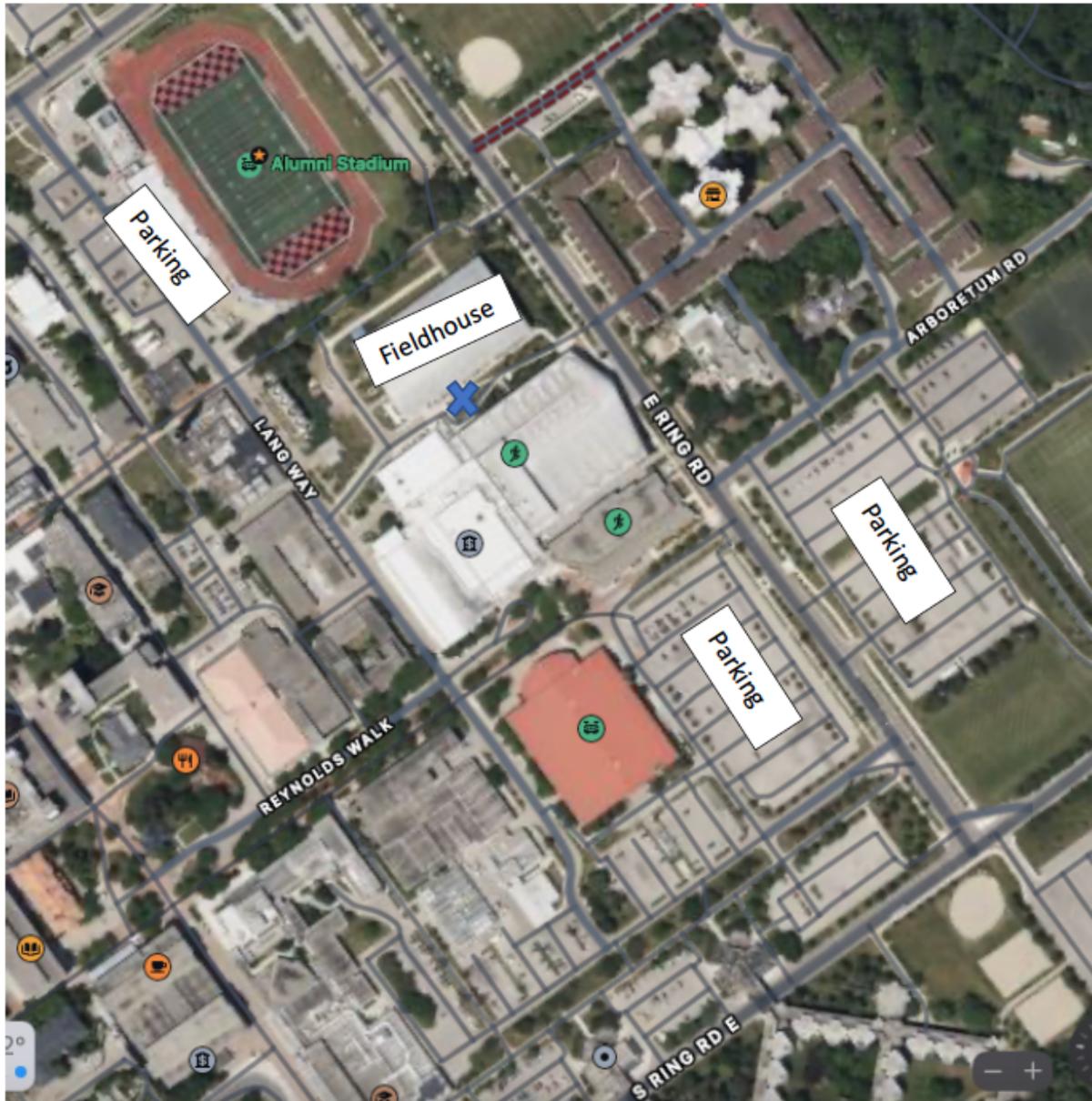
14. Vertical Jumps Starting Heights

- MPV – 3.65m, WPV – 3.15m
- MHJ – 1.70m, WHJ – 1.40m

SATURDAY Revised Schedule as of Feb 15

STRAIGHTAWAY EVENTS	
60m Hurdles Heats (Men) (5)	12:00pm
60m Hurdles Heats (Women) (9)	12:20pm
60m Heats (Women) (13)	12:35pm
60m Heats (Men) (25)	12:50pm
60m Hurdles FINALS (Men)	1:10pm
60m Hurdles Final (Women) U18 ,U20, OPEN	1:25pm
60m FINALS ABCD (Women)	1:35pm
60m FINALS ABCD (Men)	1:55pm
OVAL EVENTS *Rolling Schedule	
Mile (Men)	5:10pm
Mile (Women)	
1500m (Masters)	
600m (Men)	
600m (Women)	
1000m (Men)	
1000m (Women)	

THROWS EVENTS – Rolling Schedule	
Weight Throw (Women)	11:00am
Weight Throw (Men)	
Shot Put (Women)	
Shot Put (Men)	
JUMPS EVENTS	
Pole Vault (Men then Women) (8, 10)	11:00am
High Jump (Men then Women) (11, 8)	11:00am
Triple Jump (Women) (13)	12:15pm
Triple Jump (Men) (6)	1:45pm
Long Jump (Women) (8)	2:40pm
Long Jump (Men) (11)	4:00pm



Gryphon Fieldhouse

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

We will run an invite only Hept in conjunction on Friday and Saturday rolling start from 2pm (Fri) and 10am (Sat)