



# Rose City Open

## Track and Field Meet

Saturday, May 18, 2024

University of Windsor Stadium

- Facility** Eight lane track and jump approaches plus javelin runway are all Mondo Super X, concrete throwing circles.  
All track events will be FAT (Finish Lynx) and will be run with assisting winds.
- Directions** University of Windsor Stadium is located at the corner of Huron Church Rd. and College Ave. (2555 College Ave. for your GPS)  
From Ontario take the 401 West to Huron Church and Huron Church to Ambassador Bridge – Stadium is on the right before entering the Ambassador Bridge.  
From the U.S. (via Ambassador Bridge) turn left at the first stop light off the bridge and Stadium is on the right hand side. You must have proof of citizenship and picture ID to enter Canada and again to re-enter the U.S.
- Entry Fee** Regular entry fee: \$20 for per event  
Late entry fee: \$35 per event
- All athletes must be registered with their provincial/state track and field association.
- Post entries will be accepted at \$ 50 per athlete per event on the day of the meet and only if there is room in the event. Please read note below regarding schedule and possible cancellation of events.
- Entries** All entries are processed online only at:  
[www.trackie.com/event/2024-RoseCityOpen](http://www.trackie.com/event/2024-RoseCityOpen)
- Deadline** Regular: Tuesday May 14<sup>th</sup> by 11:59 p.m.  
Late: Thursday May 16<sup>th</sup> by 11:59 a.m.
- Additional Information**  
Brett Lumley (519) 984-2779  
lumley3@uwindsor.ca

### Final Schedule:

**All sprint events (up to 200m) will be contested with favourable tail winds.**

**A final schedule will be emailed to each school/club pre-entered into the meet based on the number of entries per event. Some events may be deleted if insufficient entries and the schedule condensed.**

Note to all potential athletes who wish to post enter, check the final schedule on-line regarding potential schedule changes or cancellation of events prior to departing for the meet.

The final schedule will be posted on-line by Friday, May 17<sup>th</sup> by 12:00 p.m.

### **Age Class Specifications**

We will be accommodating the following age class events with the associated specifications:

Shot Put - Men @ 5kg, 6kg, & 7.26kg; Women @ 4kg & 3kg  
Hammer - Men @ 5kg, 6kg, & 7.26kg; Women @ 4kg & 3kg  
Javelin - Men @ 800g, Women @ 600g  
Hurdles - Men @ 39" & 42"; 400H @ 36" & 33"; Women @ 30"  
Discus – Men @ 2kg, 1.75kg, 1.5; Women @ 1kg

Note: To ensure the correct weighted implement is available, providing your own is recommended.



**Tentative Schedule of Events**  
**Saturday, May 18, 2024**

**Track Events**

|           |                           |
|-----------|---------------------------|
| 2:00 p.m. | Women's 400mH Timed Final |
| 2:10 p.m. | Men's 400mH Timed Final   |
| 2:25 p.m. | Women's 100m Heats        |
| 2:40 p.m. | Men's 100m Heats          |
| 2:50 p.m. | Women's 100mH Heats       |
| 3:00 p.m. | Men's 110mH Heats         |
| 3:10 p.m. | Women's 800m Timed Final  |
| 3:25 p.m. | Men's 800m Timed Final    |
| 3:45 p.m. | Women's 100m Final        |
| 3:50 p.m. | Men's 100m Final          |
| 4:00 p.m. | Men's 110mH Final         |
| 4:05 p.m. | Women's 100mH Final       |
| 4:15 p.m. | Women's 400m Timed Final  |
| 4:25 p.m. | Men's 400m Timed Final    |
| 4:40 p.m. | Women's 1500m Timed Final |
| 5:05 p.m. | Men's 1500m Timed Final   |
| 5:20 p.m. | Women's 200m Timed Final  |
| 5:35 p.m. | Men's 200m Timed Final    |

**Field Events**

|           |   |
|-----------|---|
| 1:00 p.m. | Men's & Women's Hammer<br>Women's Pole Vault                                      |
| 1:30 p.m. | Women's Long Jump<br>Men's High Jump<br>Men's Javelin Throw                       |
| 2:15 p.m. | Men's & Women's Discus  |
| 3:00 p.m. | Men's Long Jump<br>Women's High Jump<br>Men's Pole Vault<br>Women's Javelin Throw |
| 4:30 p.m. | Men's & Women's Triple Jump<br>Women's and Men's Shot Put                         |

