



UNIVERSITY OF GUELPH LAST CHANCE
Saturday Feb 15th 2025

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 and may be scratched if not approved

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 12th
- Late Deadline: 11:59pm Thursday Feb 13th

5. Entry Method

- Exclusively on Trackie for all registrants
- LINK: <https://www.trackie.com/event/2025-GuelphLC>

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 and must lay your starting marks 30 minutes prior

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 <https://speedrivertiming.ca>

10. Change Rooms

- Change rooms are available on site

11. Medical

- There will be integrated support staff on site

12. Inquiries

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

13. Parking

- Please use parking information noted as attached

14. Vertical Jumps Progression

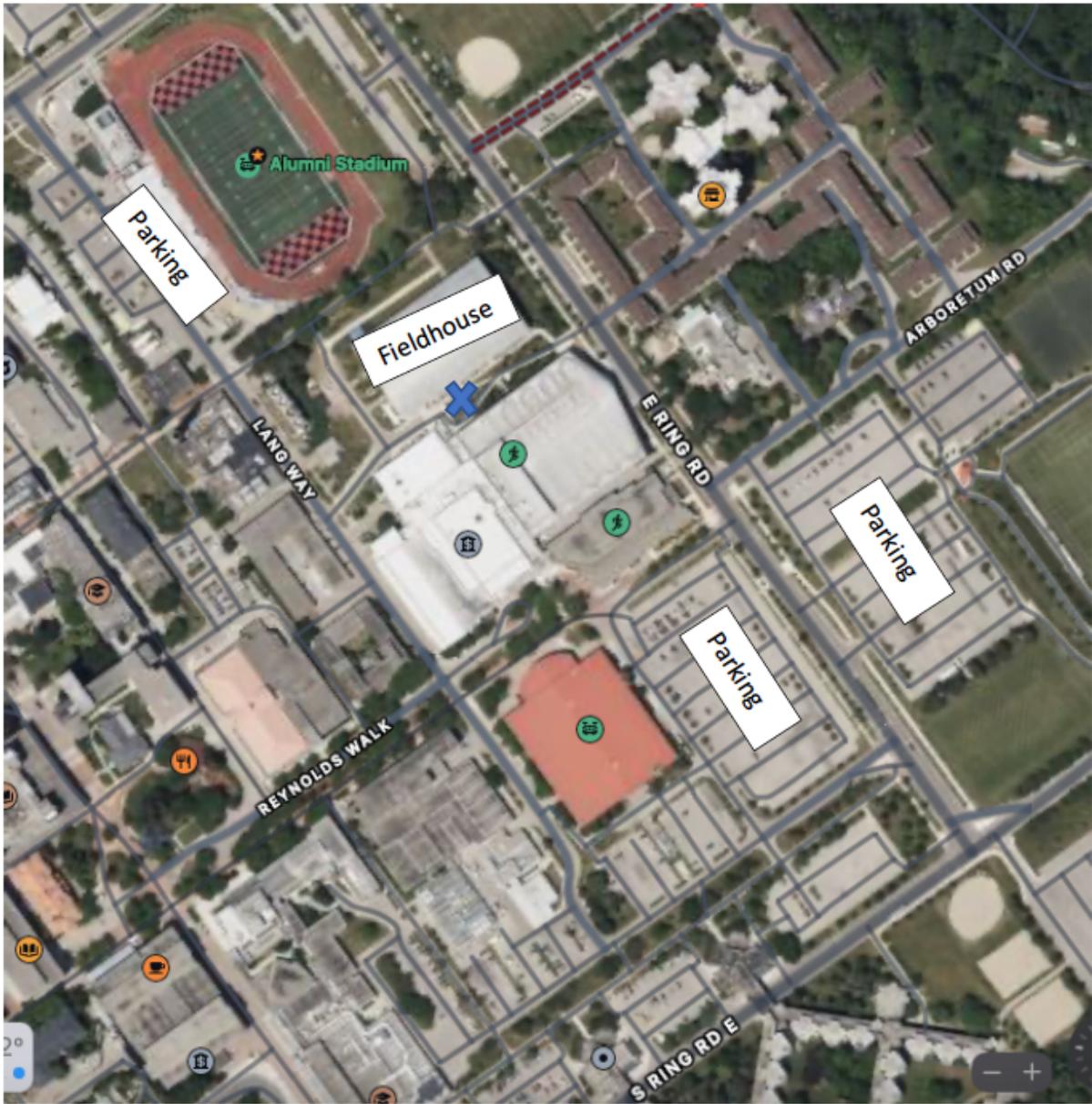
- PV – Decided on site
- MHJ – 1.71m + 5cm until 1.96m then +3
- WHJ – 1.46m +5cm until 1.66m then +3

Tentative Schedule (SATURDAY JAN 15th)

STRAIGHTAWAY EVENTS	
60m Heats (Women)	12:00pm
60m Heats (Men)	12:20pm
60m Hurdles Heats (Men)	12:35pm
60m Hurdles Heats (Women)	12:45pm
60m FINALS ABC (Women)	1:00pm
60m FINALS ABC (Men)	1:15pm
60m Hurdles Final (Men)	1:30pm
60m Hurdles Final A&B (Women)	1:45pm
OVAL EVENTS *Rolling Schedule	
600m (Women)	4:30pm
600m (Men)	
1000m (Women)	
1000m (Men)	
1500m (Men)	
1500m (Women)	

THROWS EVENTS – Rolling Schedule	
Shot Put (Men)	11:00am
Shot Put (Women)	
Weight Throw (Men)	
Weight Throw (Women)	
JUMPS EVENTS	
Long Jump (Women followed by Men)	11:15am
High Jump (Women followed by men)	1:30pm
Triple Jump (Mixed)	3:30pm

POLE VAULT – FRIDAY JAN 14	
Pole Vault (Women followed by men)	3:30pm



Gryphon Fieldhouse

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