



**UNIVERSITY OF GUELPH LAST CHANCE**  
**Saturday Feb 15<sup>th</sup> 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 12<sup>th</sup>
- Late Deadline: 11:59pm Thursday Feb 13<sup>th</sup>

**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](mailto:pgalas@uoguelph.ca), 647 939 7260

## 13. Parking

- Please use parking information noted as attached

## 14. Vertical Jumps Progression

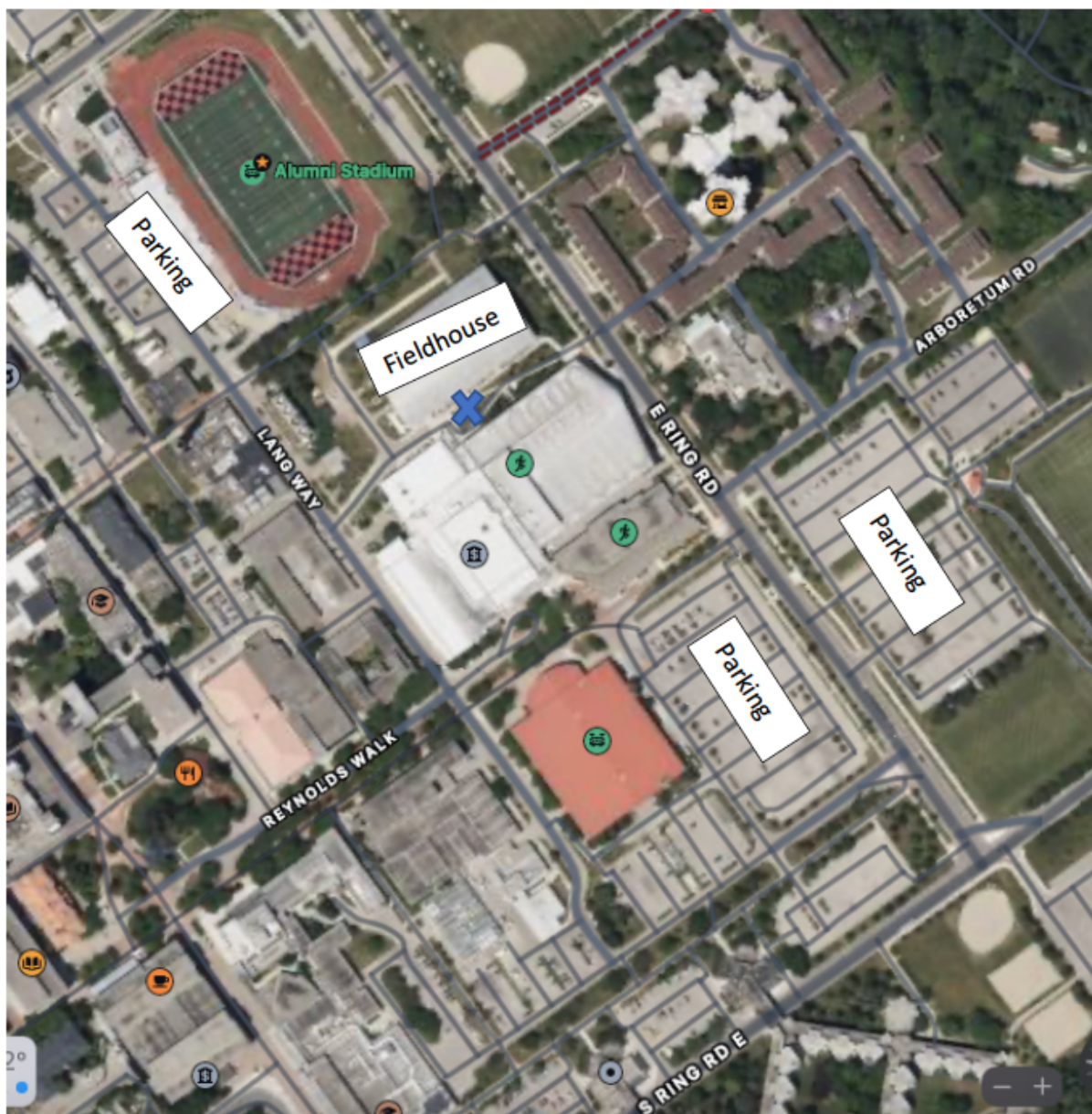
- PV – Decided on site
- MHJ – 1.71m + 5cm until 1.96m then +3
- WHJ – 1.46m +5cm until 1.66m then +3

### *Tentative Schedule* **(SATURDAY JAN 15<sup>th</sup>)**

| 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