



TRACK & FIELD

UNIVERSITY OF GUELPH LAST CHANCE

Saturday Feb 14th 2026

1. Competitors

- This meet is primarily meant for university athletes and schools
- Any post-collegiate or Open athletes who wish to compete may have entry denied based on reasonable field sizes
- We will use hurdle heights for U20 and OPEN category based on age group

2. Track & Field Entry Limits

- 4 athletes per event (coaches may request more per event and this may be considered if entry #s allow)
- We will run ABC finals of the sprint events (4 lane track)

3. Entry Fee

- \$25 per event, \$600 maximum per institution
- \$40 Late fee per event

4. Entry Deadline

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

5. Entry Method

- Exclusively on Trackie for all registrants
- LINK: www.trackie.com/event/2026-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 SportMadeSimple

10. Change Rooms

- Change rooms are available on site and washroom available

11. Medical

- There will be integrated support staff on site
- Team IST may set up at team camp on infield

12. Inquiries

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

13. Parking

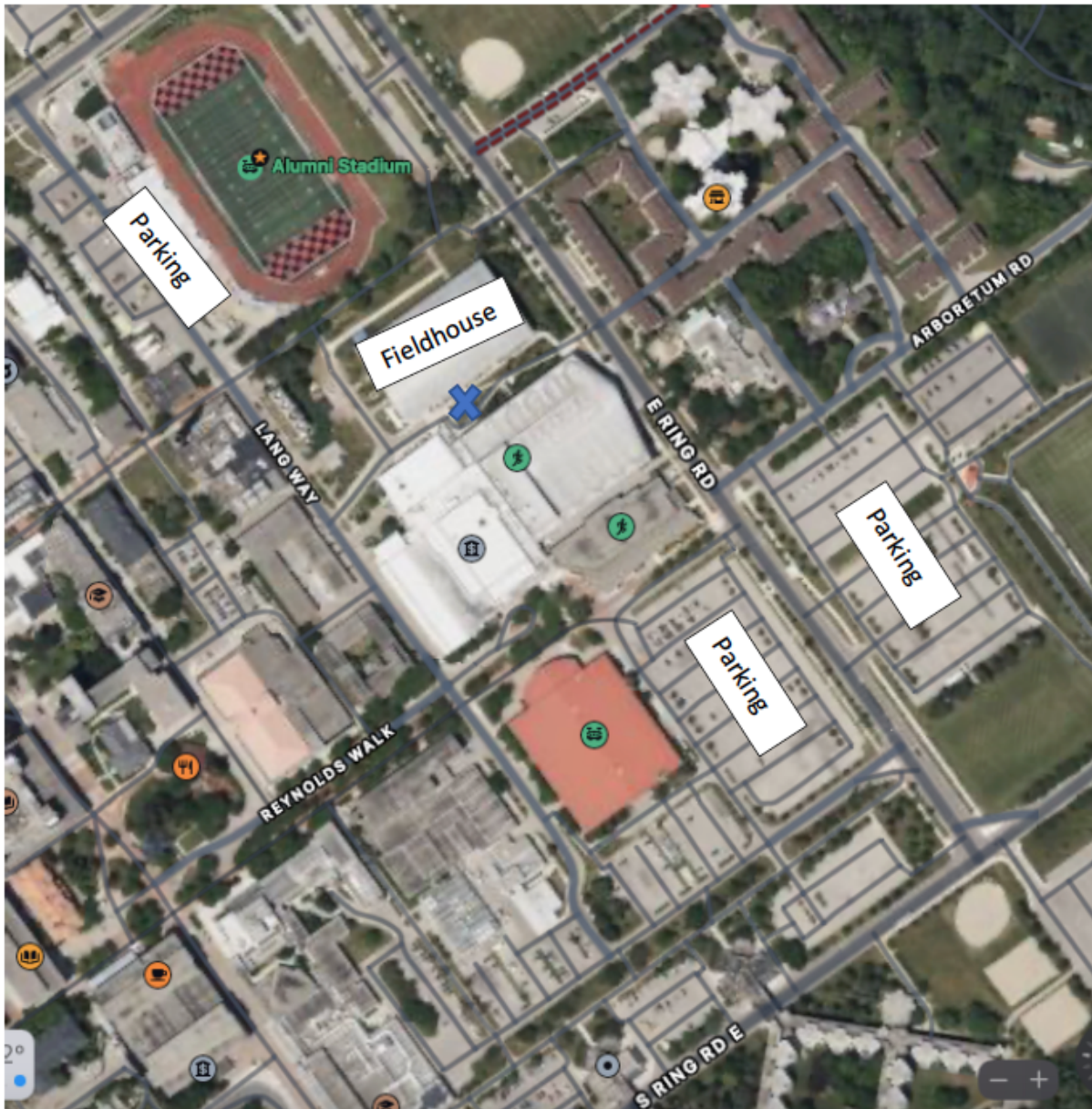
- Please use parking information noted as attached

14. Vertical Jumps Progression

- MPV – 3.55m... Tbd
- WPV – 3.15m... Tbd
- MHJ – 1.72m, 1.77m, 1.82m, 1.87m, 1.92m, 1.97m, 2.02m, 2.05m, +3cm
- WHJ – 1.49m, 1.54m, 1.59m, 1.64m, 1.69m, 1.72m, +3cm

FINAL SCHEDULE

STRAIGHTAWAY EVENTS		Throws Events	
Graduating Athlete Ceremony	10:00am	Men Weight Throw	11:00am (Rolling)
60m Heats (Women)	11:00am	Women Weight Throw	
60m Heats (Men)	11:20am	Men Shot Put	
60m Hurdles Heats (Men)	11:45am	Women Shot Put	
60m Hurdles Heats (Women)	12:05pm		
60m FINALS ABC (Women)	12:15pm	Jumping Events	
60m FINALS ABC (Men)	12:30pm	Men Long Jump	11:00am
60m Hurdles ABC FINALS (Men)	1:50pm	Women Long Jump – 2 flights	12:15pm
60m Hurdles ABC Final (Women)	2:00pm	Women High Jump	12:45pm
OVAL EVENTS *Rolling Schedule		Men High Jump	2:00pm
600m (Women) – 1 Section	4:30pm	Mixed Triple Jump	2:15pm
600m (Men) – 3 Sections		Pole Vault	
Mile (Women) – 1 Section		Women Pole Vault OPEN	11:30am (W then M)
Mile (Men) – 1 Section		Men Pole Vault OPEN	
		Pole Vault Invitational MEN 4.20m+ - FRIDAY	4:45pm



Gryphon Fieldhouse

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