



## ROYAL CITY TWILIGHT #2

**DATE OF COMPETITION:** SUNDAY July 5<sup>th</sup> 2026

- FACILITY:** Alumni Stadium located on the campus of the University of Guelph. The Stadium has hosted many International, National, and Provincial competitions. Several Canadian records have been achieved on the track and in the field at Alumni Stadium, so it is a terrific facility for this level of competition. The facility has an eight lane track, 2 jump pits, PV runway, and a high jump pit. There is also the ability to change directions based on wind if necessary. We will make the decision on direction a minimum of 1 hour in advance of the competition.
- LOCATION:** Alumni Stadium, 26 Powerhouse lane, Guelph, Ontario N1G 2W1  
<https://www.uoguelph.ca/maps/locations/alumni-stadium>
- ENTRY FEE:** \$30.00 For all entries via Trackie registration link  
<https://www.trackie.com/event/RCNitro2>
- ENTRY DEADLINE:** Friday July 3<sup>rd</sup> @ 11:59pmET (No late deadline). One entry fee allows you to sign up for as many events as you want.
- ELIGIBILITY:** Must be registered with Athletics Canada or a National Governing Body. WA & WPA Sanctioned competition. More info on sanctioning is [HERE](#)
- FINAL SCHEDULE:** Final schedule will be released to entrants and public approximately 3 days in advance of the meeting. If there are insufficient entries, events will be removed from the schedule. Events cancelled will have entries refunded.
- CHECK-IN:** Check in at the desk at least 15 minutes prior to race. Field events 30 minutes before start time.

**CONTACT:** All inquiries are to be directed towards meet director, Paul Galas  
([royalcityathletics@gmail.com](mailto:royalcityathletics@gmail.com)) with more information on website:  
[www.royalcityathleticsclub.org](http://www.royalcityathleticsclub.org)

<b>Royal City Twilight Meet #2 Events</b>	
<b>Offered Events</b>	
<b>MEN</b>	<b>WOMEN</b>
<b>High Jump</b>	<b>High Jump</b>
<b>100m</b>	<b>100m</b>
<b>200m</b>	<b>200m</b>
<b>400m</b>	<b>400m</b>
<b>400mH</b>	<b>400mH</b>
<b>110mH</b>	<b>100mH</b>
<b>800m</b>	<b>800m</b>
<b>1500m</b>	<b>1500m</b>
<b>3000m</b>	<b>3000m</b>

Schedule of Events:

**High Jump** – 5:30pm (Women then Men)

5:00pm – 100m Prelim (W+M)

5:30pm – 400mH Timed Final (W+M)

5:45pm – 400m Timed Final (W+M)

6:00pm – 200m Timed Final (W+M)

6:30pm – 100m Final (W+M)

7:15pm – 100m Hurdles & 110mH Timed Final (W+M)

**“Sunday Night Lights”- Distance Running – Rolling Schedule Based on Entries**

7:45pm

800m (Men then women – slow to fast)

3000m (Men then women)

1500m (Men then women – slow to fast)

**LIVE RESULTS:** Live results will be found on <https://sportmadesimple.com>