



**Guelph Last Chance
February 17th - 18th, 2016
Gryphon Fieldhouse**

Facility – University of Guelph Fieldhouse. Located south of Alumni Stadium off of East Ring Road.
[Http://www.uoguelph.ca/campus/map/gryphonfieldhouse/](http://www.uoguelph.ca/campus/map/gryphonfieldhouse/). 4 Lane Polytan M Flat 200 Metre oval with full field facilities.

Entry

Entry Fee: \$20 per entry, \$200 team cap per gender.

Entries payable to University of Guelph

Entry Deadline Wednesday February 15th at 11:59 am

Late Entry: \$25 per entry, Deadline Thursday February 16th at 2:59 pm

Entry site: <https://www.trackie.com/online-registration/register/guelph-last-chance/8432/>

TENTATIVE SCHEDULE

Sections run Fast To Slow

Starting heights for Pole Vault: Women: 3.00m, Men: 4.00m

FRIDAY

MEN'S WEIGHT THROW - 4:00 PM

WOMEN'S WEIGHT THROW - 5:15 PM

MEN'S SHOT PUT - 6:30 PM

WOMEN'S SHOT PUT - 7:45 PM

SATURDAY

300 METRES 9:45 AM

600 METRES 10:15 AM

1000 METRES 10:35 AM

800 METRES 10:50 AM

3000 METRES 11:00 AM

WOMEN LONG JUMP – 11:30 AM

MIXED HIGH JUMP - 11:30 AM

POLE VAULT – WOMEN FOLLOWED BY MEN- 11:45 AM

60 METRE HURDLES RUN 1 - 11:45 AM

60 METRE HEATS - 12:15 PM

MEN TRIPLE JUMP - 12:30 PM

WOMEN TRIPLE JUMP - 1:20 PM

60 HURDLES RUN 2 – 1:20 PM

60 METRE FINAL (TRI-FINAL) - 1:30 PM

MILE – 1:40 PM

MEN LONG JUMP - 2:00 PM