**Website** – [www.speedrivertfc.ca](http://www.speedrivertfc.ca)

**Venue – University of Guelph Alumni Stadium** – 26 Powerhouse Lane, Guelph, Ontario, N1G 2W1 – Track and runways - Beynon BSS2000

**Speed River Twilight One – May 25th**

Events – 200m, 400m, 800m, 1500m, High Jump, Long Jump

**Meet Start Time – 5:15pm**

200m

1500m

400m

800m

All events run fast to slow, women followed by men. Men’s LJ starts at 5:00pm women to follow, women’s HJ starts at 5:30 with men to follow.

Registration Site: https://www.trackie.com/online-registration/event/speed-river-twilight-one/15975/#.WQpKEIgrLIU

Entry Fee $20 for first event, $10 thereafter. Deadline May 22rd at 11:59pm

Contact Meet Director – Shane Ferth – sferth@gmail.com

**Speed River Inferno Pre-Meet – June 14th**

Meet Website – [www.speedriverinferno.com](http://www.speedriverinferno.com)

National Program – 200m, 800m, 1500m

International Program – 400mH, 800m, 100mh, 110mH, 1500m, Para 200m, 200m, 3000mSC (M), 10km

**Meet Start Time – 6:00pm (tentative)**

**National Program Standards:**

Men/Women

200m: 23.00/26.50

800m: 2:00.00/2:20.00

1500m: 4:08.00/4:50.00

Registration Site: <https://www.trackie.com/online-registration/event/speed-river-inferno-pre-meet/15251/#.WPYg5IgrJQJ>

Entry Fee $20 for first event. Deadline June 11th at 11:59pm

International Program contact Reid Coolsaet at guelphrunner@hotmail.com

**Speed River Twilight Two – July 15th**

Events – 100m, 100/110mH, 400m, 800m, 1500m, High Jump, Long Jump

**Meet Start Time – 6:00pm**

100mH

110mH

100m

1500m

100mH - Final

110mH - Final

100m - Final

400m

800m

3000m(on route)/5000m

All events run fast to slow, women followed by men. Field events start at 6:30pm with men’s HJ, and women’s LJ, opposite gender to follow.

Registration Site: <https://www.trackie.com/online-registration/event/speed-river-twilight-two/15977/#.WQpNX4grLIU>

Entry Fee $20 for first event, $10 thereafter. Deadline July 12th at 11:59pm

Meet Director – Shane Ferth – sferth@gmail.com