

**New Balance Benham Cup**  
**Saturday April 20<sup>th</sup>, 2013**  
**University of Guelph**  
**Alumni Stadium**

**Meet Information**

*The Benham Cup is a team scored high school meet. Events will be scored six deep, 7-5-4-3-2-1. The team with the highest point tally men and women combined will be awarded the Benham Cup and will receive team prizes.*

**Facility Information**

*The meet will be held at University of Guelph Alumni Stadium. This brand new facility features an 8 lane Beynon B55 2000 track, the first of its kind in Canada and the same surface as Hayward Field.*

**Entry Information**

*Entries should be done through <http://www.trackie.com/online-registration/event.php?id=747>. Entry fees are \$10 per entry with a team cap of \$400. Entries are due April 17<sup>th</sup> at 11:59 pm. Please make cheques payable to the Speed River TFC.*

**Tentative Schedule**

**Track Events**

**Track Events May run up to ½ hour ahead of Schedule**

**9:00am Steeplechase**

**Open Girls 1500 Metres**

**Open Boys 2000 Metres**

**9:30am 4x100m Relay**

**Midget Girls 4x100m relay**

**Midget Boys 4x100m relay**

**Junior Girls 4x100m relay**

**Junior Boys 4x100m relay**

**Senior Girls 4x100m relay**

**Senior Boys 4x100m relay**

**10:30am Hurdles TIMED FINALS**

**Midget Girls 300m hurdles**

**Junior Girls 300m hurdles**

**Midget Boys 300m hurdles**

**Junior Boys 300m hurdles**

**Senior Girls 400m hurdles**

**Senior Boys 400m hurdles**

**11:30am 200m TIMED FINALS**

**Midget Girls 200m**  
**Midget Boys 200m**  
**Junior Girls 200m**  
**Junior Boys 200m**  
**Senior Girls 200m**  
**Senior Boys 200m**

**1:00pm 1500m TIMED FINALS**

**Midget Girls 1500m**  
**Midget Boys 1500m**  
**Junior Girls 1500m**  
**Junior Boys 1500m**  
**Senior Girls 1500m**  
**Senior Boys 1500m**

**2:30PM 400M TIMED FINALS (Run order form Senior to Midget)**

**Senior Women's 400m**  
**Senior Men's 400m**  
**Junior Women's 400m**  
**Junior Men's 400m**  
**Midget Girls 400m**  
**Midget Boys 400m**

**4:00pm 1600m Relay TIMED FINALS**

**Open Girls 1600m Relay**  
**Open Boys 1600m Relay**

**Field Events**

**9:00am**

**Midget/Junior Girls Triple Jump**  
**Midget/Junior Boys High Jump**  
**Senior Girls Shot Put**

**11:00am**

**Senior Boys Triple Jump**  
**Midget/Junior Girls High Jump**  
**Midget/Junior Girls Shot Put**

**1:00pm**

**Midget/Junior Boys Triple Jump**  
**Senior Girls High Jump**  
**Midget/Junior Boys Shot Put**

**3:00pm**

**Senior Girls Triple Jump**  
**Senior Boys High Jump**  
**Senior Boys Shot Put**