



**The Running Works and The
University of Guelph Present:
The Gaels Relays**

May 8th, 2018

**University of Guelph Gryphon Stadium
Hosted by Guelph CVI and the Guelph Gryphons**



Track Schedule

8:45 AM Event 1:	OG 1500 Steeplechase (1) OB 2000 Steeplechase (2)	Event 5:	Invitational Girls 400 (8 Max) Invitational Boys 400 (8 Max)
Event 2:	MG 80m Sprint Hurdles (3) JG 80m Sprint Hurdles (4) SG 100m Sprint Hurdles (5) MB 100m Sprint Hurdles (6) JB 100m Sprint Hurdles (7) SB 110m Sprint Hurdles (8)	Event 6:	OPEN GIRLS 1500 (9) (Sections will be seeded) OPEN BOYS 1500 (10) (Sections will be seeded)
Event 3:	JG 4 x 800 JB 4 x 800 SG 4 x 800 SB 4 x 800	Event 7:	JG Sprint Medley Relay JB Sprint Medley Relay SG Sprint Medley Relay SB Sprint Medley Relay 800 - 200 - 200 - 400
Event 4:	MG 4 x 100 MB 4 x 100 JG 4 x 100 JB 4 x 100 SG 4 x 100 SB 4 x 100	Event 8:	MG 300 Hurdles (11) JG 300 Hurdles (12) SG 400 Hurdles (13) MB 300 Hurdles (14) JB 300 Hurdles (15) SB 400 Hurdles (16)

FIELD Schedule

	9:00 am	10:15 am	11:30 am	12:45 pm	2:00 pm	3:15 pm
Shot Put	SB (17)	MB (22)	MG (27)	JB (32)	SG (37)	JG (42)
Javelin	JG (18)	SB (23)	JB (28)	SG (33)	MG (38)	MB (43)
Long Jump	SG (19)	MG (24)	JG (29)	SB (34)	MB (39)	JB (44)
Triple Jump	MB (20)	JB (25)	SB (30)	MG (35)	JG (40)	SG (45)
High Jump	MG (21)	JG (26)	SG (31)	MB (36)	JB (41)	SB (46)
Pole Vault	OG (47) Starting height 1.40, up by 15cm until complete			12:00 pm Start OB (48) Starting height 1.80m, up by 20 cm until complete		

(EVENT NUMBER or CODE is in parentheses for all individual events, only required once you receive your entry file)



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Date: Tuesday May 8th

Cost: \$20/Athlete to a team maximum of \$360

Entries: Coaches must declare their intent to participate prior to Tuesday May 1st to richard.tremain@ugdsb.on.ca

You will then be sent an xls entry file for individual athletes. Relays can be entered on the day, just prior to the event (See below).

Your entry file will be named your school

The entry file will then be due Friday May 4th by midnight to richard.tremain@ugdsb.on.ca

Meet will run on a rolling schedule beginning at 8:45 am. The exception will be the field events in which we will make every attempt to run each event on time.

RELAYS WILL BE ENTERED ON THE DAY, TEAMS WILL ASSEMBLE ON THE INFIELD WHEN CALLED TO MARSHALL.

The 400m invitational sections will be limited to the top 8 individual times, once verified.

If you have athletes interested, their name and seed time must be submitted with team declaration prior to May 1st. The successful entrants will be published on May 3rd.

The 1500 will be run in seeded sections to ensure quality races. Therefore Midgets may be running against Seniors. Ribbons will be awarded to the 3 fastest overall (not from each heat)

Ribbons will be awarded to the top 3 in each event. The school with the most points at the completion of the meet will have their name placed on the championship plaque. Scoring will be as follows for each event contested:

1st - 10, 2nd - 8, 3rd - 6, 4th - 5, 5th - 4, 6th - 3, 7th - 2, 8th - 1

The 2017 Champions were the John F. Ross Royals!

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