



UWAC Twilight

Wednesday July 17, 2019
University of Windsor Stadium

Objective

This meet is being set up to meet the needs of athletes in the U18, U16 & U14 age categories, allowing for additional competitive opportunities that currently are not available.

Schedule

	<u>Track</u>		<u>Field</u>
6:00pm	Sprint Hurdles Timed Final 80mH/100mH/110mH	4:00pm	Hammer Throw (males followed by females) Javelin (females followed by males)
	800m Timed Finals	5:00pm	Long Jump (males followed by females) Pole Vault (females followed by males)
	200m Timed Finals	6:00pm	High Jump (females followed by males)
	1200m/1500m Timed Finals	6:30pm	Discus Throw (males followed by females) Shot Put (females followed by males)
	300m/400m Timed Finals		
	Steeple Chase 1500m/2000m/3000m	7:30pm	Triple Jump

Note:

1) All events are women followed by men unless stated otherwise; 2) All timed finals will run slowest to fastest; 3) Events without reasonable size fields will not be contested.

Entry

All entries will be done on Trackie. Entry fee is \$5/event. Post entries the day of the meet will be accepted at \$10/event, up to 1 hour before the event but no later than 5pm.

Entry Deadline

Monday July 15 at midnight.

Track Events

Athletes will be placed in heats according to their seed performances. When entering athletes, ensure to use up to date and reasonable seed performances to allow for competitive heats.

Eligibility

All athletes must be fully registered with their respective sport governing body.

Age Class Events

All age specifications events will be offered. In the throws, it is advised you provide your own implements to ensure correct weighted ones are available to you.

Weigh Ins

Will take place at the equipment area on the south end of the stadium.

Results

Results will be available online at www.WindsorTiming.com.

Spikes



Officiating

The assistance from coaches from attending clubs to assist with officiating is greatly appreciated and will be required with the management of the competition.

Sanctioning

This meet is fully sanctioned by Athletics Ontario.

Additional Information

A final schedule will be posted on Trackie and the UWAC web site late Tuesday July 16th.

Any inquiries should be directed to Brett Lumley (lumley3@uwindsor.ca or 519-984-2779)

