May 22

Track Events

- \$\footnote{8}\$ 100m (heats) top 8 times to final
- Sprint Hurdles (SM-JnrM-YB-MB-OW-YG-MG-BG-BB)
- 8 100m (final)
- 300m/400m
- **½** 1200m / 1500m

Field Events

- Use Long Jump (women then men)
- Triple Jump (men then women)
- Pole Vault (men then women)
- Shot (women then men)
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May 29, 2018

Track Events

- Intermediate Hurdles (400m / 200m)
- Sprint Hurdles (SM-JnrM-YB-MB-OW-YG-MG-BG-BB)

Field Events

- Use Long Jump (men then women)
- Triple Jump (women then men)
- Hammer (women then men)
- Shot (women then men)
- High Jump (women then men)

Facility

Mondo Super X 400m with 8 lanes on the oval. Only Pyramid spikes may be worn. Maximum length allowed is 6mm on the track and 11mm for high jump and javelin.





Needle **Spike** Pins



Twilight Dates

May 22

May 29

June 5

June 19

Toronto Track and Field Centre

York University Track Club

Raymond Rudder drudder@yorku.ca Tel: 416-736-2100 Ext. 44669

Summer Twilight Series

Web: www.yorku.ca/yutc



INFORMATION

Registration:

Online registration will be done up until 11:59pm the night before the meet. Entries on the day of the meet will be accepted up until 1 hour prior to the event start time. The registration desk will open at 4:15pm.

On line entries done at:

http://www.yorku.ca/yutc/v2/meetInfo.php

Just follow the link for the particular meet off

our website.

Start Time:

6:00pm

Meet Schedule:

Published by noon on the day off the meet at: http://www.yorku.ca/yutc/v2/meetInfo.php

Where:

York Lions Stadium

Sanctioned:

By Athletics Ontario.

Entry Fees:

Athletics Ontario Registered: \$10.00 for the 1st event and 5.00 per additional event.

Non Athletics Registered: \$20.00 for first event and \$10.00 for each additional event.

Late entries \$20.00 per event

INFORMATION

Results:

Finish Lynx and wind readings for sprints and horizontal jumps.

Posted at: www.yorku.ca/yutc

Track Events:

Grouped based on gender and ability (submitted seed time).

All races will be run from Fast to Slow.

Women followed by men.

Field Events:

In the throws, age groups will be combined and following the events, results will be sorted by age group.

Throwing implements are not provided. There will be implement weigh in at the event site.



Summer Twilight Series

Raymond Rudder drudder@yorku.ca Tel: 416-736-2100 Ext. 44669 Bradley Matheson brad770@live.com 416-993-2587

MEET SCHEDULE

June 5

Track Events

- 8 2000mSC/3000mSC
- 800m
- 8 3000m
- **8** 1200/1500m

Field Events

- Triple Jump (men then women)
- Javelin (men then women) **
- Shot (women followed by men)
- Hammer (men followed by women)
- Pole Vault (men followed by women)

June 19

Track Events

- 8 100m
- Sprint Hurdles (SM-JnrM-YB-MB-OW-YG-MG-BG-BB)
- 8 400m
- 8 200m

Field Events

- Use Long Jump (women then men)
- 8 High Jump (men followed by women)
- 🖔 Discus (men followed by women)
- Shot (men followed by women)
- Pole Vault (women followed by men)