# June 26-U14, U16, U18 ONLY

### **Track Events**

- 8 100m (heats)
- 3000m
- \$\mathbb{9}\$ 100m (final)
- 300m/400m
- 3 1200m / 1500m

## **Field Events**

- Triple Jump (men then women)
- High Jump (women then men)
- Pole Vault (men then women)
- Shot (women then men)
- Discus (women then men)



# July 10, 2018

# **Track Events**

- **8** 200m
- Intermediate Hurdles (400m / 200m)
- 800
- 8 3000m

### **Field Events**

- Use I Long Jump (men then women)
- Value of the bound of the bo
- Shot (men then women)
- Pole Vault (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.









**Twilight Dates** 

June 26

July 10

**July 17** 

July 24

**Toronto Track and Field Centre** 



# **Summer Twilight Series**

Twilights #5-8

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

Web: www.yorku.ca/yutc



**York University Track Club** 

# **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:

Toronto Track and Field Centre

### Sanctioned:

By Athletics Ontario.

# **Entry Fees:**

Athletics Ontario Registered: \$10.00 per 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 Bradley Matheson drudder@yorku.ca brad770@live.com Tel: 416-736-2100 416-993-2587

Ext. 44669

# **MEET SCHEDULE**

# **July 17**

### **Track Events**

- Sprint Hurdles
- 8 100m
- Sprint Hurdles (Finals)
- 300/400m
- **8** 1500m
- 8 3000mSC

#### **Field Events**

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

# July 24

# **Track Events**

- **8** 200m
- Intermediate Hurdles (200m/400m)
- 800m
- 3000m

### Field Events

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