**18th Annual York University Xmas Open**

**Track & Field Meet**

**Saturday, December 1ST, 2018**

###### Tentative Schedule of Events (final schedule available on day of the meet)

###### Track Events

**1:00pm 600m Women**

 **600m Men**

**1:15 1500m Women**

 **1500m Men**

**1:30 60m Hurdle Heats Youth Girls / Senior Women**

 **60m Hurdle Heats Youth Boys / Junior Men / Senior Men**

**1:40 60m Heats Women (Top 8 Times to A Final, Next 8 Times to B Final)**

 **60m Heats Men (Top 8 Times to A Final, Next 8 Times to B Final)**

**2:10 60m Hurdle FINAL Youth Girls / Senior Women**

 **60m Hurdle FINAL Youth Boys / Junior Men / Senior Men**

**2:20 60m Final (A& B) Women**

 **60m Final (A& B) Men**

**2:30 1000m Women**

 **1000m Men**

**2:50 300m Women**

 **300m Men**

**3:50 3000m Women**

 **3000m Men**

**4:25 4x200m Women then Men**

 **4x800m Women then Men**

**4:35**

 **4x400m Women then Men**

**ALL TIMED SECTIONS WILL BE RUN FROM SLOW TO FAST**

**EVENTS WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE BY NO MORE THAN 30 MINUTES**

#### Field Events:

1:00pm Men’s Long Jump Men’s High Jump Men’s Shot Put Women’s Pole Vault

2:30pm Men’s Pole Vault

3:00pm Women’s Long Jump Women’s High Jump Women’s Shot Put

TBD: Men’s and Women’s Weight Throw will be conducted at the end of the day once all other events have completed

**Weight Throw – Men followed by women beginning**

**30 minutes after the last event in the field house.**

Implement Weight-in will be conducted at the throwing circle – 1 hour prior to the event.