**Date:** Friday and Saturday January 11-12th, 2019

**Location:** University of Toronto Field House

Faculty of Kinesiology & Physical Education

55 Harbord Street

**Start Time:** Friday 2:00PM

**Sanctioned by:** Ontario University Association (OUA)

**Hosted By:** Faculty of Kinesiology & Physical Education

University of Toronto Track and Field Club

**Meet Director:** Bob Westman – bob.westman@utoronto.ca

**Eligibility:** University, College, and AO athletes. ***Club athletes will need to have the indicated standards in order to be accepted into the meet.***

**Entries:** **Must be submitted on-line by Wednesday Jan 9th, 2019(noon)**

**http://www.trackie.com/online-registration/**

**Cheques:** ChequePayable to: University of Toronto

**Facility:** 200m flat Mondo - 5-lane track with 8 sprint lanes. All runways Mondo; shot put circle concrete.

**Spikes:** **MAXIMUM 6mm.**

**Timing:** Fully electric timing.

**Changing facility:** Locker rooms are available for men and women. Please bring your own locks and towels.

**Entry Fee:** **$20.00 per athlete per event**

**Cost limit $400 per team**

**Late Entry: Late entries will be accepted at $40.00 per athletes per events.**

**Entries will not be accepted after 6:00PM the night before the meet.**

**SCRATCHES: Please make all scratches online by 6:00PM the night before the meet.**

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| **Event Times** | **Final**  **Meet Schedule**  **Friday January 11th, 2019** | |
| **12:30 PM** | **Shot Put - 16** | **Women** |
| **1:30 PM** | **Shot Put - 8** | **Men** |
| **2:30 PM** | **Weight Throw - 15** | **Women** |
| **3:15 PM** | **Weight Throw - 5** | **Men** |
| **5:00 PM** | **Pole Vault - 14** | **Men** |
| **5:00 PM** | **Triple Jump - 22 (2 Flights)** | **Women** |
| **5:00 PM** | **60M Hurdles Heats - 3** | **Women** |
| **5:20 PM** | **60M Hurdles Heats - 2** | **Men** |
| **5:45 PM** | **3000M Timed Final - 2** | **Women** |
| **6:10 PM** | **3000M Timed Final - 3** | **Men** |
| **6:40 PM** | **60M Hurdles Final - 1** | **Men** |
| **6:50 PM** | **60M Hurdles Final - 1** | **Women** |
| **7:05 PM** | **4 x 800M Relay - 1** | **Women** |
| **7:20 PM** | **4 x 800M Relay - 2** | **Men** |
| **7:30 PM** | **Triple Jump – 9** | **Men** |
| **7:40 PM** | **4 x 200M Relay - 2** | **Women** |
| **8:00 PM** | **4 x 200M Relay - 2** | **Men** |

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| **Event Times** | **Draft**  **Meet Schedule**  **SATURDAY January 12th, 2019** | |
| **10:00 AM** | **Long Jump – 31 (3 Flights)** | **Women** |
| **10:00 AM** | **High Jump - 18** | **Men** |
| **10:00 AM** | **Pole Vault - 14** | **Women** |
| **10:00 AM** | **60M Heats - 12** | **Women** |
| **10:35 AM** | **60M Heats - 13** | **Men** |
| **11:20 AM** | **1500M Timed Final - 3** | **Women** |
| **11:40 AM** | **1500M Timed Final - 5** | **Men** |
| **12:25 PM** | **60M Tri-Final - 3** | **Women** |
| **12:35 PM** | **60M Tri Final - 3** | **Men** |
| **12:50 PM** | **600M Timed Final – 6** | **Women** |
| **1:05 PM** | **600M Timed Final – 4** | **Men** |
|  | **Track Break** |  |
| **1:30 PM** | **Long Jump – 30 (3 Flights)** | **Men** |
| **1:30 PM** | **High Jump – 26** | **Women** |
| **2:00 PM** | **60M Final – 1** | **Women** |
| **2:05 PM** | **60M Final – 1** | **Men** |
| **2:15 PM** | **300M Timed Final – 10** | **Women** |
| **2:55 PM** | **300M Timed Final – 14** | **Men** |
| **3:50 PM** | **1000M Timed Final – 3** | **Women** |
| **4:05 PM** | **1000M Timed Final – 3** | **Men** |
| **4:30 PM** | **4 x 400M Relay – 1** | **Women** |
| **4:35 PM** | **4 x 400M Relay – 2** | **Men** |

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| **Men** | **Open Athlete Standards** | **Women** |
| **7.30** | **60M** | **8.20** |
| **37.50** | **300M** | **43.00** |
| **1:25.00** | **600M** | **1:40.00** |
| **2:35.00** | **1000M** | **3:05.00** |
| **4:05.00** | **1500M** | **5:00.00** |
| **8:45.00** | **3000M** | **10:50.00** |
| **8.90 (42’)** | **60 Hurdles** | **9.80 (33’)** |
| **6.40M** | **Long Jump** | **5.00M** |
| **1.90M** | **High Jump** | **1.50M** |
| **13.50M** | **Triple Jump** | **10.80M** |
| **4.00M** | **Pole Vault** | **3.20M** |
| **12.00M** | **Shot Put** | **8.00M** |
| **14.00M** | **Weight Throw** | **12.00M** |

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**SPIKES**

* All spikes must be presented to be checked at the spike check in table (where you receive your hip numbers)
* Athletes will not be allowed to compete without having their spikes

checked and cleared .

* Acceptable spikes:  6mm pyramids / cones – same size
* Any athletes competing with longer than 7mm spikes will be disqualified.
* Water is the only permitted drink allowed on the track facility.