YUTC Twilight #4

July 30, 2019

**Contact:**

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**Location:**

Toronto Track & Field Centre

231 Ian Macdonald Blvd

North York, ON

M7A 2C5

**Sanctioned:** By Athletics Ontario

**Registration:**

Online registration will take place on Trackie at [www.trackiereg.com/yutc-twilight-4-2019](http://www.trackiereg.com/yutc-twilight-4-2019). Registration closes on July 29 at 6:00pm.

Late Registration closes on July 30 at 12:00pm.

**Entry Fees:**

Athletics Ontario Registered: $10 per event

Non Athletics Ontario Registered: $20 for the first event and $10 for each additional event

Late Entries: $20 per event

**Start Time:**  6:00pm

**Meet Schedule:**

Tentative meet schedule attached to this document.

Final meet schedule will be posted both on the trackie registration page and the York University Track & Field Club’s website at [www.yorkutrackclub.com](http://www.yorkutrackclub.com) by noon on the day of the event.

The meet may run up to 30min ahead of schedule on the day of the event.

**Track Events:**

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

All races will be run from **FAST to SLOW**

**Women followed by men**

Only Pyramid spike pins may be worn on the track. Maximum allowed pin length is 6mm & 9mm for High Jump

**Field Events:**

In the throws all age groups will throw together, with their respective implement weights.

Throwing implements will not be provided. Implement weigh in will take place at the event site.

**Results:**

Will be posted on the YUTC website at [www.yorkutrackclub.com](http://www.yorkutrackclub.com) following the event

**Tentative Meet Schedule:**

6:00pm Sprint Hurdles – 80mh, 100mh, 110mh

200m

Intermediate Hurdles - 200mh (u16), 400mh

800m

Sprint Hurdle Finals

200m Finals (Top 16 M/F)

3000m

5:30pm Pole Vault – Men followed by women

Hammer throw followed by Shot Put followed by Javelin

6:00pm High Jump – Women followed by Men

Triple Jump – Men followed by Women

Para Shot Put