

**19th Annual York University Xmas Open**

**Track & Field Meet**

**Saturday, November 30th, 2019**

**Final Schedule**

###### Track Events

**1:00pm 1500m Women (1)**

 **1500m Men (1)**

**1:15 600m Women (2)**

 **600m Men (1)**

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

 **60m Hurdle Heats Youth Boys / Junior Men / Senior Men (2)**

**1:45 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)**

**2:30 60m Hurdle FINAL Youth Girls / Senior Women**

 **60m Hurdle FINAL Youth Boys / Junior Men / Senior Men (A&B)**

**2:45 60m Final (A& B) Women**

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

**3:00 1000m Women (1)**

 **1000m Men (1)**

**3:10 300m Women (6)**

 **300m Men (7)**

**4:00 3000m Women (0)**

 **3000m Men (1)**

**4:15 4x200m Women then Men (4)**

 **4x800m Women then Men (1)**

 **4x400m Women then Men (2)**

**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:

12:30pm Women’s Pole Vault **(14)**

1:00pm Men’s Long Jump **(10)** Men’s High Jump **(4)** Men’s Shot Put **(7)**

3:00pm Women’s Long Jump **(11)** Women’s High Jump **(4)** Women’s Shot Put**(14)** Men’**s** Pole Vault **(8)**

**TBD: Men’s and Women’s Weight Throw will be conducted at the end of the day once all other events have** **completed – Men(5), Women(13)**

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

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

Specifications for Shot Put: Women: U16(3kg), U18(3kg), u20(4kg),Open(4kg)

Men: U16(4kg), U18(5kg), U20(6kg), Open(7.26kg)

Specifications for Weight: Women: U16(12lbs), U18(16lbs), U18(20lbs), Open(20lbs)

 Men: U16(16lbs), U18(20lbs), U20(25lbs), Open(35lbs)

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