**Date:** Saturday January 4th, 2020

**Location:** University of Toronto Field House

Faculty of Kinesiology & Physical Education

 55 Harbord Street

**Start Time:** Saturday 8:00 am

**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

**Entries:** **Must be submitted on-line by Thursday Jan 2nd, 2020(noon)**

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

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

**Facility:** 200m flat Mondo - rubber 5-lane track with 8 sprint lanes. All runways Mondo - rubber; 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 $500 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 or upon arrival to the Field House registration desk (top of the stairs).**

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| **Track Events** | **Final****Meet Schedule****SATURDAY January 4th, 2020** |
| **11:00 AM** | **60m hurdles heats (2)** | **Women** |
| **11:05 AM** | **60m hurdles heats (1)** | **Men** |
| **11:10 AM** | **60m heats (6)** | **Women** |
| **11:30 AM** | **60m heats (8)** | **Men** |
| **11:55 AM** | **1000m timed section (1)** | **Women** |
| **12:00 PM** | **1000m timed section (2)** | **Men** |
| **12:15 PM** | **4x200m relay (2)** | **Women** |
| **12:25 PM** | **4x200m relay (2)** | **Men** |
| **12:35 PM** | **1200M timed section**  | **Women** |
| **12:40 PM** | **1200M timed section**  | **Men** |
| **12:50 PM** | **1500m times sections (1)** | **Women** |
| **12:55 PM** | **1500m times sections (2)** | **Men** |
|  | **Track Break** |  |
| **1:40 PM** | **60m hurdles final (1)** | **Men** |
| **1:45 PM** | **60m hurdles final (1)** | **Women** |
| **1:55 PM** | **60m final (A+B Final) (2)** | **Men** |
| **2:00 PM** | **60m final (A+B Final) (2)** | **Women** |
| **2:10 PM** | **600m timed sections (3)** | **Women** |
| **2:25 PM** | **600m timed sections (4)** | **Men** |
| **2:45 PM** | **300m timed sections (10)** | **Women** |
| **3:15 PM** | **300m timed sections (11)** | **Men** |
| **3:50 PM** | **3000m times sections (1)** | **Women** |
| **4:05 PM** | **3000m times sections (1)** | **Men** |
| **4:25 PM** | **4x800m timed sections (1)** | **Women** |
| **4:35 PM** | **4x800m timed sections (1)** | **Men** |
| **4:45 PM** | **4x400m timed sections (1)** | **Women** |
| **4:50 PM** | **4x400m timed sections (2)** | **Men** |

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| **Field Events** | **Final****Meet Schedule****SATURDAY January 4th, 2020** |
| **8:00 AM** | **Weight Throw (7 + 2)** | **Mens + Womens** |
| **8:45 AM** | **Shot Put (12 + 3)** | **Mens + Womens** |
| **11:00 AM** | **Long Jump (20)** | **Men** |
| **11:00 AM** | **High Jump (7)** | **Men** |
| **11:30 AM** | **Pole Vault (9)** | **Womens** |
| **1:00 PM**  | **Long Jump (16)** | **Women** |
| **2:00 PM** | **Pole Vault (8)** | **Men** |
| **2:00 PM** | **High Jump (8)** | **Women** |
| **3:00 PM** | **Triple Jump (7)** | **Men** |
| **4:30 PM** | **Triple Jump (10)** | **Women** |

**NEW For the University of Toronto Athletic Centre Field House**

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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.