

20th Annual York University Xmas Open Track & Field Meet Saturday, December 4th, 2021

Saturday, December 4", 202 Tentative Schedule

Track Events

1:00pm	1500m	Women
	1500m	Men
	600m	Women
	600m	Men
	60m Hurdle <mark>Heats</mark>	Senior Women
	60m Hurdle Heats	Senior Men
	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)
	60m Hurdle FINAL	Senior Women
	60m Hurdle FINAL	Senior Men
	60m Final (A& B)	Women
	60m Final (A& B)	Men
	1000m	Women
	1000m	Men
	300m	Women
	300m	Men
	3000m	Women
	3000m	Men
	4x200m	Women then Men
	4x800m	Women then Men
	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:

12:30pm Women's Pole Vault 1:00pm Men's Long Jump 3:00pm Women's Long Jump

Men's High Jump Men's Shot Put Women's High Jump Women's Shot Put

Men's Pole Vault

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

Weight Throw 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.				