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## YUTC Twilight #4

July 12, 2022

**Contact:**

Brad Matheson  
[yorkutrackclub@gmail.com](mailto:yorkutrackclub@gmail.com)

Raymond Rudder  
[drudder@yorku.ca](mailto:drudder@yorku.ca)

**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-4-2022](http://www.trackiereg.com/yutc-twilight-4-2022). Registration closes on Sunday July 10 at 11:59pm.

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

**Events Offered:** Intermediate Hurdles, 200m, 800m, 3000m, DT, JT, LJ, HJ, PV

**Age Categories:** U14-Open

**Entry Fees:** \$20 per event. No Trackie Fees  
\$5 additional fee for non-AO members

**Waiver:** To be completed online with registration.

**Start Time:** 6:00pm, 5:30pm for Pole Vault

**Parking:** Paid parking is located in the lots directly west of the TTFC. Payment can be made at designated pay zones located at each lot or through the HONK Mobile app. Please note parking violations on campus are now subject to City of Toronto Parking Fines.

### **Meet Schedule:**

- Tentative meet schedule attached at the end of this document.
- Final meet schedule will be posted at [www.yorkutrackclub.com/meetinfo](http://www.yorkutrackclub.com/meetinfo) and send out to participants by 8pm Monday July 11, 2022

### **Track Events:**

- Races will be grouped based on gender and seed times. Seed times will be automatically generated upon registration.
- 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.

### **Field Events:**

**Throws:** Athletes will be given 30min to use the throwing circle for warmup. In the throws all age groups will throw together with their respective implement weights. Athletes must bring their own implements. Throwing implements **will not be provided**. Implement weigh in will take place at the event site.

**Horizontal Jumps:** Athletes will be given a 30min warmup on the runway prior to the start of the event.

**Vertical Jumps:** For high jump, only pyramid spike pins may be used. Maximum allowed pin length is 9mm.



**Tentative Meet Schedule, July 12, 2022:**

6:00pm Intermediate Hurdles W→M  
 200m Heats W→M  
 800m W→M  
 3000m W→M  
 200m Finals

Field Events

	<b>Long Jump</b>	<b>High Jump</b>	<b>Discus Throw</b>	<b>Javelin Throw</b>	<b>Pole Vault</b>
<b>5:30</b>	Warmup on runway - <b>Men</b>	Warmup at event area - <b>Women</b>	Warmup at Event area – <b>Men &amp; Women</b>		Women's Event Starts, Men's to follow
<b>6:00</b>	<b>Men</b>	<b>Women</b>	<b>Men &amp; Women Combined</b>		
<b>6:30</b>					
<b>7:00</b>	Warmup on Runway - <b>Women</b>			Warmup at Event Area – <b>Men &amp; Women</b>	
<b>7:30</b>	<b>Women</b>			<b>Men &amp; Women Combined</b>	
<b>8:00</b>					