



YUTC Twilight #3

July 11, 2023

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-twilight3-2023. Registration closes on Sunday July 9 at 11:59pm.

Results: Will be posted on the YUTC website at www.yorkutrackclub.com following the event

Events Offered: 400mh, 200mh (u16), 100m, 400m, 800m, LJ, TJ, SP, HT, PV

Age Categories: U14-Open

Entry Fees: \$20 per event.
\$5 additional 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 and send out to participants by 8pm Monday June 10.

Track Events:

- Races will be grouped based on gender and seed times. Seed times will be automatically generated upon registration. A valid seed time achieved between April 2021 through until the registration deadline will be required for the top section of each race. Where a validated seed time is not generated please email Brad Matheson at yorkutrackclub@gmail.com to confirm your performance with the following information: Event Name, Event Date, Location, Performance achieved.
- 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 11, 2023

6:00pm 400mh W→M
 200mh W→M
 100m Prelims W→M
 400m W→M
 100m Finals W→M
 800m W→M

Field Events

	Long Jump	Triple Jump *Women and Men may be combined, pending entries	Shot Put	Hammer Throw	Pole Vault	High Jump
5:30	Warmup on runway - Men	Warmup at event area - Women	Warmup at Event area – Men & Women		Men's Event Starts, Women's to follow	Warmup at Event Area – Women
6:00	Men	Women	Men & Women Combined			Women
6:30						
7:00	Warmup on Runway - Women	Warmup at event area – Men		Warmup at Event Area – Men & Women		Warmup at Event Area - Men
7:30	Women	Men		Men & Women Combined		Men
8:00						