

YORK UNIVERSITY 2023 RED & WHITE INTER SQUAD MEET

THURSDAY, NOVEMBER 23rd & FRIDAY, NOVEMBER 24th

THURSDAY EVENTS

FIELD EVENTS

3:00	Long Jump	- Men / women (women first men to follow)
4:00	High Jump	- Women / Men (women first men to follow)

FRIDAY EVENTS

<u>TIME</u>	<u>TRACK EVENTS</u>	
12:20	600m	- Women
12:30	1000m	- Men
12:40	60m	- Women (heats – top 16 times to final)
12:50	60m	- Men (heats – top 16 times to final)
1:15	60mH	- Women followed by Men
1:30	60m	- Women (A & B final)
1:40	60m	- Men (A & B final)
2:25	300m	- Women (final)
2:45	300m	- Men (final)
3:00	1500m	-Women followed by Men
3:15	4x200m	-Women followed by Men (final)
TBD	Weight Throw	-Pending entries

**TRACK EVENTS WILL GO SLOW TO FAST
TRACK EVENTS HAVE PRIORITY OVER FIELD EVENTS**

FIELD EVENTS

1:00pm	Shot Put	- Men / Women (men first women to follow)
2:00pm	Triple Jump	- Women / Men