



TRACK AND FIELD

22nd Annual York University Holiday Open Track & Field Meet Saturday November 30th, 2024

Tentative Schedule of Events (final schedule to be sent out by Friday November 29)

Track

1:00pm	1500m	Women followed by Men
	600m	Women followed by Men
	60m Hurdle Heats	Women
	60m Hurdle Heats	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	Women
	60m Hurdle FINAL	Men
	60m Final (A& B)	Women
	60m Final (A& B)	Men
	1000m	Women followed by Men
	300m	Women followed by Men
	3000m	Women followed by Men
	4x200m	Women then Men
	4x800m	Women then Men
	4x400m	Women then Men

ALL TIMED SECTIONS WILL BE RUN FROM SLOW TO FAST

Field Events:

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

Men's & Women's Weight Throw to be completed following the 4x400m relays

Specifications for Shot Put:	Women:	4kg
	Men:	7.26kg
Specifications for Weight:	Women:	20lbs
	Men:	35lbs

Implement Weight-in will be conducted at the throwing circle – 1 hour prior to the event.