

YORK UNIVERSITY 2024 RED & WHITE

THURSDAY, NOVEMBER 21st & FRIDAY, NOVEMBER 22nd

THURSDAY EVENTS

FIELD EVENTS

3:00

4:00

Long Jump

- Men / women (women first men to follow)

High Jump

- Women / Men (women first men to follow)

FRIDAY EVENTS

TIME

TRACK EVENTS

1:00

600m

- Men

1:10

60m

- Women (heats – top 16 times to final)

1:25

60m

- Men (heats – top 16 times to final)

2:00

60m

- Women (A & B final)

2:10

60m

- Men (A & B final)

2:30

300m

- Women (final)

2:35

300m

- Men (final)

3:10

4x200m

-Women followed by Men

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

FIELD EVENTS

2:00pm

Triple Jump

- Men / Women (men first women to follow)

6:00pm

Shot Put

- Women & Men

7:00pm

Weight Throw

- Women & Men