



TRACK AND FIELD

23rd Annual York University Holiday Open Track & Field Meet Saturday, November 29th, 2025

Tentative Schedule of Events (final schedule to be sent out by Friday November 28)

Track

1:00pm	1500m	Women followed by Men
	600m	Women followed by Men
	60m Hurdle Heats	Women (U20, Open)
	60m Hurdle Heats	Men (U20, Open)
	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 (U20, Open)
	60m Final (A& B)	Men (U20, Open)
	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

	Pole Vault	Long Jump	High Jump	Shot Put	Weight Throw
12:00	Men's Warmup				Men & Women To be completed following last event on the track
12:30	Men's Vault	Men's Warmup	Women's Warmup	Men's Warmup	
1:00		Men's	Women's	Men	
1:30					
2:00	Women's Warmup				
2:30	(Following Men's Competition)	Women's Warmup	Men's Warmup	Women's Warmup	
3:00	Women's	Women	Men	Women	
3:30					

Specifications for Shot Put: Women: 4kg (Open, U20)
Men: 7.26kg (Open), 6.0kg (U20)

Specifications for Weight: Women: 20lbs (Open, U20)
Men: 35lbs (Open), 25lbs (U20)

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