

# YORK UNIVERSITY 2025 RED & WHITE

THURSDAY, NOVEMBER 20<sup>th</sup> & FRIDAY, NOVEMBER 20<sup>th</sup>

## THURSDAY EVENTS

### FIELD EVENTS

|      |           |                |
|------|-----------|----------------|
| 3:00 | Long Jump | Women then Men |
| 4:00 | High Jump | Men then Women |

## FRIDAY EVENTS

### TRACK EVENTS

|      |              |                                         |
|------|--------------|-----------------------------------------|
| 1:00 | 600m         | Women                                   |
| 1:10 | 600m         | Men                                     |
| 1:25 | 60m          | Women - (heats – top 16 times to final) |
| 1:55 | 60m          | Men - (heats – top 16 times to final)   |
| 2:10 | 60m Finals   | A & B Finals                            |
| 2:15 | 60m Finals   | A & B Finals                            |
| 2:30 | 300m         | Timed Finals                            |
| 2:40 | 300m         | Timed Finals                            |
| 3:10 | 4x200m       | Women then Men                          |
| 3:30 | Mixed 4x200m |                                         |

**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                             |