



54th Annual York University Open Track & Field Meet

Friday January 30th & Saturday January 31st, 2026



Note: All timed sections will be run from fast to slow

TENTATIVE SCHEDULE OF EVENTS

Friday January 30, 2026

Track Events

5:00	-	60m Hept	- Men
5:10	-	60mH Pent	- Women
5:20	-	60mH - Heats	- Women
5:35	-	60mH - Heats	- Men
5:50	-	3000m	- Women
6:05	-	3000m	- Men
6:30	-	60mH Final	- Men
6:45	-	60mH Final	- Women
7:10	-	4x200m	- Men
7:25	-	4x200m	- Women
7:45	-	4x800m	- Men
8:00	-	4x800m	- Women
TBD	-	800m Pent	- Women

Field Events

12:00	-	Weight Throw	- University M
		Weight Throw	- University W
		Weight Throw	- Open M/W
5:00	-	Triple Jump	- Women (Pit 2)
5:40	-	Pent High Jump	- Women
5:45	-	Hep Long Jump	- Men (Pit 1)
6:00	-	Pole Vault	- Women
6:45	-	Hep Shot Put	- Men
7:15	-	Triple Jump	- Men (Pit 2)
7:45	-	Pent Shot Put	- Women
TBD	-	Hep High Jump	- Men
TBD	-	Pent Long Jump	- Women (Pit 1)

Saturday January 31, 2026

Track Events

10:30	-	60mH Hep	- Men
10:35	-	60m Heats	-Women
11:00	-	60m Heats	-Men
11:45	-	600m	-Women
12:00	-	600m	-Men

TRACK BREAK

1:00	-	60m Final	-Women (A&B)
1:10	-	60m Final	-Men (A&B)
TBD	-	1000m Hep	- Men
1:30	-	1000m	-Women
1:45	-	1000m	-Men
2:00	-	300m	-Women
2:45	-	Ayo Agosto Memorial 300m (Men)	
3:30	-	1500m	-Women
3:45	-	1500m	-Men
4:15	-	4x400m	-Women
4:30	-	4x400m	-Men

GRADUATION CEREMONY for graduating York Lions
to follow the completion of the 4x400m relays

Field Events

11:00	Long Jump	-Men (Pit 1&2)
11:15	Pole Vault Hep	-Men
11:15	High Jump	-Men
11:00	Shot Put	-Women
2:00	Long Jump	-Women(Pit 1&2)
1:30	Pole Vault	-Men
2:00	Shot Put	-Men
2:30	High Jump	-Women