



YUTC Twilight #4 – July 14, 2026

Final Schedule

6:00pm	Sprint Hurdles Prelims	W→M
6:30	100m Prelims (2 rounds)	W→M
7:10	400m	W→M
7:25	300m	W→M
7:35	Sprint Hurdles Finals	M→W
8:10	100m Second round	W→M
8:50	1500m (u14-u18, Masters)	W→M – all women together, all men together

Field Events

	Long Jump	Triple Jump	High Jump	Hammer Throw	Javelin Throw
5:30		Warmup – Women & Men	Warmup at event area - Women	Warmup at Event area – Men & Women	
6:00		Women & Men	Women	Men & Women Combined	
6:30			Warmup at event area - Men		
7:00	Warmup on Runway – Women & Men		Men		Warmup at Event Area – Men & Women
7:30	Women & Men				Men & Women Combined
8:00					