

YORK UNIVERSITY 2026 RED & WHITE

THURSDAY, NOVEMBER 19th & FRIDAY, NOVEMBER 20th

THURSDAY EVENTS

FIELD EVENTS

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

FRIDAY EVENTS

TRACK EVENTS

1:00	60m	Men	- (heats – top 16 times to final)
1:20	60m	Women	- (heats – top 16 times to final)
-	600m	Women	
1:35	600m	Men	
1:50	60m Finals - Men	A & B Finals	
2:00	60m Finals - Women	A & B Finals	
2:20	300m - Men	Timed Finals	
2:40	300m - Women	Timed Finals	
3:10	4x200m	Men then Women	
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)
4:30pm	Shot Put	- Women & Men
	Weight Throw	- Women & Men - Warmup following Shot Put