**Date:** Saturday January 7th, 2017

**Location:** University of Toronto Field House

Faculty of Kinesiology & Physical Education

55 Harbord Street

**Start Time:** Saturday 9:30 am

**Sanctioned by:** Ontario University Association (OUA)

**Hosted By:** Faculty of Kinesiology & Physical Education

University of Toronto Track and Field Club

**Meet Director:** Bob Westman – bob.westman@utoronto.ca

**Eligibility:** University, College, and AO athletes

**Entries:** **Must be submitted on-line by Thursday Jan 5th, 2016(noon)**

**http://www.trackie.com/online-registration/**

**Cheques:** ChequePayable to: University of Toronto

**Facility:** 200m flat Mondo - rubber 5-lane track with 8 sprint lanes. All runways Mondo - rubber; shot put circle concrete.

**Spikes:** **MAXIMUM 6mm.**

**Timing:** Fully electric timing.

**Changing facility:** Locker rooms are available for men and women. Please bring your own locks and towels.

**Entry Fee:** **$20.00 per athlete per event**

**Cost limit $400 per team**

**Late Entry: Late entries will be accepted at $40.00 per athletes per events.**

**Entries will not be accepted after 6:00PM the night before the meet.**

**SCRATCHES: Please make all scratches online or upon arrival to the Field House registration desk (top of the stairs).**

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| **Track Events** | **Draft**  **Meet Schedule**  **SATURDAY January 7th, 2017** | |
| **11:00 AM** | **4x200m relay** | **Women** |
| **11:05 AM** | **4x200m relay** | **Men** |
| **11:10 AM** | **1200M timed section** | **Girls** |
| **11:20 AM** | **1200M timed section** | **Boys** |
| **11:30 AM** | **1000m timed section** | **Women** |
| **11:40 AM** | **1000m timed section** | **Men** |
| **12:00 AM** | **60m hurdles heats** | **Women** |
| **12:15 AM** | **60m hurdles heats** | **Men** |
| **12:30 AM** | **60m heats** | **Women** |
| **12:50 PM** | **60m heats** | **Men** |
| **1:10 PM** | **1500m times sections** | **Women** |
| **1:30 PM** | **1500m times sections** | **Men** |
|  | **Track Break** |  |
| **2:00 PM** | **60m hurdles final** | **Men** |
| **2:10 PM** | **60m hurdles final** | **Women** |
| **2:20 PM** | **60m final** | **Men** |
| **2:25 PM** | **60m final** | **Women** |
| **2:40 PM** | **600m timed sections** | **Women** |
| **2:50 PM** | **600m timed sections** | **Men** |
| **3:00 PM** | **300m timed sections** | **Women** |
| **3:20 PM** | **300m timed sections** | **Men** |
| **3:40 PM** | **3000m times sections** | **Women** |
| **4:00 PM** | **3000m times sections** | **Men** |
| **4:20 PM** | **4x800m timed sections** | **Women** |
| **4:30 PM** | **4x800m timed sections** | **Men** |
| **4:40 PM** | **4x400m timed sections** | **Women** |
| **4:50 PM** | **4x400m timed sections** | **Men** |

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| **Field Events** | **Draft**  **Meet Schedule**  **SATURDAY January 7th, 2017** | |
| **8:00 AM** | **Weight Throw** | **Mens + Womens** |
| **8:45 AM** | **Shot Put** | **Mens + Womens** |
| **9:45 AM** | **Beginners Pole Vault** | **Mens + Womens** |
| **11:00 AM** | **Long Jump** | **Men** |
| **12:00 PM** | **Pole Vault (seeds above 2.75M)** | **Women** |
| **12:30 PM** | **High Jump** | **Men** |
| **12:30 PM** | **Long Jump** | **Women** |
| **2:00 PM** | **Triple Jump** | **Men** |
| **2:30 PM** | **Pole Vault (seeds above 3.50M)** | **Men** |
| **2:30 PM** | **High Jump** | **Women** |
| **3:00 PM** | **Triple Jump** | **Women** |

**NEW For the University of Toronto Athletic Centre Field House**

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**SPIKES**

* All spikes must be presented to be checked at the spike check in table (where you receive your hip numbers)
* Athletes will not be allowed to compete without having their spikes

checked and cleared .

* Acceptable spikes:  6mm pyramids / cones – same size
* Any athletes competing with longer than 7mm spikes will be disqualified.
* Water is the only permitted drink allowed on the track facility.