

July 9

Track Events

- 🏃 100m (heats) top 8 times to final
- 🏃 Sprint Hurdles (SM-JnrM-YB-MB-OW-YG-MG-BG-BB)
- 🏃 100m (final)
- 🏃 400m
- 🏃 1500m

Field Events

- 🏃 High Jump (women then men)
- 🏃 Triple Jump (men then women)
- 🏃 Shot (women then men)
- 🏃 Discus (men then women)

Event Entry Limits

Event	# of Entries per Gender
100m/200m/400m	56
800m	32
1500m	48
3000m	32
Hurdles	NA
Horizontal Jumps	15
Vertical Jumps	15
Throws	15

In the field field events, once we reach the maximum number of entries, minimum distances for measurement will be in place.



Twilights

June 4

June 25

July 9

July 23

Toronto Track & Field Centre



Throws/Jumps Minimum Standards

	Women	Men
Long Jump	4.00m	5.25m
Triple Jump	9.00m	12.00m
High Jump	1.30m	1.55m
Javelin	30.00m	40.00m
Discus	30.00m	35.00m
Shot Put	10.00m	12.00m
Hammer	35.00m	35.00m



July 23

Track Events

- 🏃 Intermediate Hurdles (400m/300m/200m)
- 🏃 200m
- 🏃 800m
- 🏃 3000m

Field Events

- 🏃 Long Jump (women then men)
- 🏃 Hammer (women then men)
- 🏃 Shot (men followed by women)

Summer Twilight Series

Colin Inglis
cinglis@yorku.ca
Tel: 416-736-2100 ext: 44669

Colleen Dotson
colleenr@yorku.ca
Tel: 416-736-2100 ext: 20119

Web: www.yorku.ca/yutc



York University Track Club

2013 Summer Twilight

INFORMATION

Registration:

Online registration will be done up until 11:59pm the night before the meet. Entries at the meet will be accepted up until 30 minutes prior to the start of the event provided the event is not full at the late fee rate. The registration desk will open at 4:15pm.

On line entries done at:

<http://www.yorku.ca/yutc/v2/meetInfo.php>

Just follow the link for the particular meet off our website.

Start Time:

6:00pm

***5:30pm start time for Pole Vault / Javelin**

Where:

Toronto Track and Field Centre on the campus of York University.

Sanctioned:

By Athletics Ontario.

Entry Fees:

Athletics Ontario Registered: \$10.00 for the 1st event and 5.00 per additional event.

Non Athletics Registered: \$20.00 for first event and \$5.00 for each additional event.

Late entries \$20.00 per event

Darkness Rule:

Meet directors reserve the right to cancel events if it is deemed to be unsafe due to lack of daylight. Athletes will be refunded their entry fees for an event if it is not offered.

INFORMATION

Results:

Finish Lynx and wind readings for sprints and horizontal jumps.

Posted at: www.yorku.ca/yutc

Track Events:

Grouped based on gender and ability (submitted seed time).

All races will be run from **Fast to Slow**.

Women followed by men.

Field Events:

In the throws, age groups will be combined and following the events, results will be sorted by age group.

Throwing implements **are not provided**. There will be implement weigh in at the event site.



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MEET SCHEDULE

June 4

Track Events

- 🏃 100m (heats) top 8 times to final
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- 🏃 100m (final)
- 🏃 400m
- 🏃 1500m

Field Events

- 🏃 High Jump (women then men)
 - 🏃 Triple Jump (men then women)
 - 🏃 Javelin (men then women) **
 - 🏃 Hammer (women followed by men)
 - 🏃 Shot (men followed by women)
 - 🏃 Pole Vault (men followed by women)
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June 25

Track Events

- 🏃 Intermediate Hurdles (400m/300m/200m)
- 🏃 200m
- 🏃 800m
- 🏃 3000m

Field Events

- 🏃 Long Jump (women then men)
- 🏃 Javelin (men then women) **
- 🏃 Discus (women followed by men)
- 🏃 Shot (men followed by women)
- 🏃 Pole Vault (women followed by men)