



TRACK AND FIELD

21st Annual York University Xmas Open Track & Field Meet Saturday December 2, 2023

Final Schedule of Events

Saturday December 2, 2023

Track

1:00pm	1500m	Women followed by Men
1:10	600m	Women followed by Men
1:20	60m Hurdle Heats	Women
	60m Hurdle Heats	Men
1:40	60m Heats	Women (Top 8 Times to A Final, Next 8 Times to B Final)
1:55	60m Heats	Men (Top 8 Times to A Final, Next 8 Times to B Final)
2:30	60m Hurdle FINAL	Women
2:40	60m Hurdle FINAL	Men
2:50	60m Final (A& B)	Women
3:00	60m Final (A& B)	Men
3:10	1000m	Women followed by Men
3:20	300m	Women followed by Men
4:20	3000m	Women followed by Men
4:40	4x200m	Women then Men
4:50	4x800m	Women then Men
5:00	4x400m	Women then Men

ALL TIMED SECTIONS WILL BE RUN FROM SLOW TO FAST

Field Events:

12:30pm	Women's Pole Vault (2)		
1:00pm	Men's Long Jump (21)	Women's High Jump (7)	Men's Shot Put (11)
3:00pm	Women's Long Jump (9)	Men's High Jump (14)	Women's Shot Put (8) Men's Pole Vault(6)

Men's & Women's Weight Throw to be completed following the 4x400m relays

Specifications for Shot Put:	Women:	4kg
	Men:	7.26kg
Specifications for Weight:	Women:	20lbs
	Men:	35lbs

Implement Weight-in will be conducted at the throwing circle – 1 hour prior to the event.