



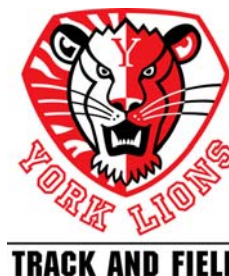
Event Entry Limits

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

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

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



Summer Twilight Series

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Twilights

June 3

June 17

Toronto Track & Field Centre

York University Track Club

2014 Summer Twilight

INFORMATION

Registration:

Online registration will be done up until 1:00pm on the day of 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. The registration desk will open at 4:15pm.

On line entries done at:

<http://www.yorku.ca/yutc>

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

Start Time:

6:00pm

*5:30pm is the start time for Pole Vault

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 en-

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:

Age groups and genders will be combined. In throws, results will be sorted by implements and gender.

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



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MEET SCHEDULE

June 3

Track Events

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

Field Events

- 🏃 High Jump (women then men)
 - 🏃 Triple Jump (men then women)
 - 🏃 Javelin (women followed by men)
 - 🏃 Shot (men followed by women)
-

June 17

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

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

SP & JT will run at same time following HT