



18th Annual York University Xmas Open Track & Field Meet Saturday, December 1ST, 2018

Location: Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 1P3

Facility: Banked 5-lane, 200m Conica (Sportica M) Surface
Separate 8 lane, 60m sprint strip on the outside of the oval track. Long Jump and Pole Vault surfaces are Sportica M. Pin spikes may be worn (6mm)

The Toronto Track and Field Centre is currently under renovation. Changing rooms and showers are under construction. All washrooms are available.

Entry Fee: **First Deadline: Tuesday, November 27th, 2018 (email or on line registration)**
\$10.00 (CND) per athlete per event registered with Athletics Ontario or U.S.A.T.F.
\$20.00 (CND) per athlete per event for first event (\$10.00 for each subsequent event) not registered with Athletics Ontario or U.S.A.T.F.
\$400.00 (CND) Maximum for University / College Teams

Payment in the form of Cash, Cheque or Money Order (**payable to York University**)

On Line Registration is via Trackie.com using the following link:

www.trackiereg.com/york-xmasopen-2018

Late Entries: Received after November 29th, 2016 up until 12:00pm on the Day of the Meet.
Late Fee \$20.00 (CND) per athlete per event.

ENTRIES WILL BE POSTED ON NOVEMBER 30th AT <http://www.yorku.ca/yutc/v2/meetInfo.php>

ALL ENTRIES SENT IN MUST BE PAID FOR.

**ATHLETE NUMBERS / TEAM PACKAGES WILL ONLY BE HANDED OUT
ONCE ALL TEAM REGISTRATION FEES ARE PAID IN FULL.**

Day of Meet: Entries will **NOT** be accepted after 12:00pm, MEET DAY!!.

Inquiries: Raymond Rudder Email: drudder@yorku.ca
Bradley Matheson Email: brad770@live.com

Results: Will be posted on the York University Track Club web site: <http://www.yorku.ca/yutc/v2/meetInfo.php>



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Tentative Schedule of Events (final schedule available on day of the meet)

Track Events

1:00pm	1500m	Women
	1500m	Men
	600m	Women
	600m	Men
	60m Hurdle Heats	Youth Girls / Senior Women
	60m Hurdle Heats	Youth Boys / Junior Men / Senior Men
	60m Heats	Women (Top 8 Times to A Final, Next 8 Times to B Final)
	60m Heats	Men (Top 8 Times to A Final, Next 8 Times to B Final)
	60m Hurdle FINAL	Youth Girls / Senior Women
	60m Hurdle FINAL	Youth Boys / Junior Men / Senior Men
	60m Final (A& B)	Women
	60m Final (A& B)	Men
	1000m	Women
	1000m	Men
	300m	Women
	300m	Men
	3000m	Women
	3000m	Men
	4x200m	Women then Men
	4x800m	Women then Men
	4x400m	Women then Men

**ALL TIMED SECTIONS WILL BE RUN FROM SLOW TO FAST
EVENTS WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE BY NO MORE THAN 30 MINUTES**

Field Events:

1:00pm	Men's Long Jump	Men's High Jump	Men's Shot Put	Women's Pole Vault
3:00pm	Women's Long Jump	Women's High Jump	Women's Shot Put	Men's Pole Vault

TBD: Men's and Women's Weight Throw will be conducted at the end of the day once all other events have completed

**Weight Throw – Men followed by women beginning
30 minutes after the last event in the field house.**

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.

SANCTIONED AND REQUIRED BY: ATHLETICS ONTARIO

RELEASE, WAIVER AND INDEMNITY

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the

2018 York Xmas Open on December 1st, 2018

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE:

Athletics Ontario
Athletics Ontario Officials
MUNICIPALITY OF METROPOLITAN TORONTO
TORONTO TRACK & FIELD CENTRE
CITY OF TORONTO
YORK UNIVERSITY
RAYMOND RUDDER
BRADLEY MATHESON

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event and I AGREE to withdraw from the race if so requested by the designated medical officer.

Date

Print Name

Signature

If under 18 years, Parent or Guardian
Or Power of Attorney to sign below

Date

Print Name

Signature

If under 18 years, Parent or Guardian
Or Power of Attorney to sign below

Canadian Anti-Doping Program (CADP)

Athletics Canada has adopted the 2009 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to all individuals, whether in the role of athletes or athlete support personnel, who are registered for and participate in this event. By signing below, I acknowledge that I am aware that the CADP applies to me and that I am subject to the CADP. Completion of an online education course may be required as part of my registration of this event. By participating in this event, I consent to the application of the CADP to me. For further information, please visit the Athlete Zone on the CCES website www.cces.ca/athletezone.

Date	Print Name	Signature
		If under 18 years, Parent or Guardian Or Power of Attorney to sign below

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TRACK AND FIELD