



## 20<sup>th</sup> Annual York University Xmas Open Track & Field Meet Saturday December 4, 2021

- 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)
- Entry Fee:** \$20.00 (CND) per athlete per event registered with Athletics Ontario or U.S.A.T.F.  
\$25.00 (CND) per athlete per event for first event (\$20.00 for each subsequent event) not registered with Athletics Ontario or U.S.A.T.F.  
\$500.00 (CND) Maximum for University / College Teams
- All payments will be completed online through Trackie
- Entry Deadline:** Tuesday, November 30th, 2021 (through trackie)

**Online Registration is through trackie using the following link:**

<http://www.trackiereg.com/york-xmasopen-2021>

**There will be no late entries accepted after the closing deadline of Nov 30 at midnight.**

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**Results:** Will be posted on the York University Track Club web site: [www.yorkutrackclub.com/results](http://www.yorkutrackclub.com/results)

### COVID-19

Please see the York University Track & Field Visiting Team Guide for full details  
-The Toronto Track & Field Centre requires all entrants into the facility to be fully vaccinated 14 days prior to entry or provide proof of a valid medical exemption  
-All Coaches, Support Staff, Officials and Athletes must be masked at all times with the exception of during warmup in preparation for an event, during competition and during cooldown following competition.



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

### Track Events

<b>1:00pm</b>	1500m	Women
	1500m	Men
	600m	Women
	600m	Men
	60m Hurdle Heats	Senior Women
	60m Hurdle Heats	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	Senior Women
	60m Hurdle FINAL	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 FAST TO SLOW  
EVENTS WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE BY NO MORE THAN 30 MINUTES**

### Field Events:

12:30pm	Women's Pole Vault			
1:00pm	Men's Long Jump	Men's High Jump	Men's Shot Put	
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, 30min after all other events on the track and in the field have commenced

Specifications for Shot Put:	Women:	U16(3kg), U18(3kg), u20(4kg), Open(4kg)
	Men:	U16(4kg), U18(5kg), U20(6kg), Open(7.26kg)
Specifications for Weight:	Women:	U16(12lbs), U18(16lbs), U18(20lbs), Open(20lbs)

Men: U16(16lbs), U18(20lbs), U20(25lbs), Open(35lbs)

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



***TRACK AND FIELD***