



**Fred Foot Memorial
Track and Field Meet January 21st, 2023**

- Date:** Saturday January 21st
Location: University of Toronto Field House
Faculty of Kinesiology & Physical Education
55 Harbord Street Toronto, ON M5S 2W6
- Start Time:** Saturday Track 10:00 am, Field 8:00am (Weight throw)
***Meet may run up to 30 minutes ahead of schedule**
- Sanctioned by:** Ontario University Association (OUA)
Hosted By: Faculty of Kinesiology & Physical Education
University of Toronto Track and Field Club
- Meet Directors:** Rostam Turner rostam.turner@utoronto.ca
Andre Metivier ap.metivier@utoronto.ca
- Eligibility:** University, College, and AO athletes
- Entries:** **Must be submitted on-line by Thursday Jan 19th, 2023 (12 noon)**
- Trackie**
- Facility:** 200m flat Mondo - rubber 5-lane track with 8 sprint lanes. All runways Mondo - rubber; shot put circle concrete.
- Spikes:** **MAXIMUM 6mm.**
- Timing:** Fully electric timing.
- Changing facility:** Locker rooms are available for men and women. Please bring your own locks and towels.
- Entry Fee:** **\$30.00 per athlete per event**
Cost limit \$500 per team
- Late Entry:** **Late entries will be accepted at \$60.00 per athletes per events.**
Late entries will only be accepted up noon on Friday January 20th
- SCRATCHES:** **Please make all scratches online or upon arrival to the Field House registration desk (top of the stairs).**



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Track Events	Meet Schedule	
	SATURDAY January 21 st , 2023	
11:00 AM	60m hurdles heats	Women
11:05 AM	60m hurdles heats	Men
11:10 AM	60m heats	Women
11:30 AM	60m heats	Men
11:55 AM	1000m timed section	Women
12:00 PM	1000m timed section	Men
12:15 PM	4x200m relay	Women
12:25 PM	4x200m relay	Men
12:35 PM	1200M timed section	Women
12:40 PM	1200M timed section	Men
12:50 PM	1500m times sections	Women
12:55 PM	1500m times sections	Men
	Track Break	
1:40 PM	60m hurdles final	Men
1:45 PM	60m hurdles final	Women
1:55 PM	60m final (A+B Final)	Men
2:00 PM	60m final (A+B Final)	Women
2:10 PM	600m timed sections	Women
2:25 PM	600m timed sections	Men
2:45 PM	300m timed sections	Women
3:15 PM	300m timed sections	Men



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3:50 PM	3000m times sections	Women
4:05 PM	3000m times sections	Men
4:25 PM	4x800m timed sections	Women
4:35 PM	4x800m timed sections	Men
4:45 PM	4x400m timed sections	Women
4:50 PM	4x400m timed sections	Men

TORONTO

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Field Events	Meet Schedule	
	SATURDAY January 21 st , 2023	
8:00 AM	Weight Throw	Mens + Womens
8:45 AM	Shot Put	Mens + Womens
11:00 AM	Long Jump	Men
11:00 AM	High Jump	Men
11:00 AM	Pole Vault	Womens
1:00 PM	Long Jump	Women
2:00 PM	Pole Vault	Men
2:00 PM	High Jump	Women
3:00 PM	Triple Jump	Men
4:30 PM	Triple Jump	Women

NEW For the University of Toronto Athletic Centre Field House



SPIKES

- All spikes must be presented to be checked at the spike check in table (where you receive your hip numbers)
- Athletes will not be allowed to compete without having their spikes checked and cleared .
- Acceptable spikes: 6mm pyramids / cones – same size
- Any athletes competing with longer than 7mm spikes will be disqualified.



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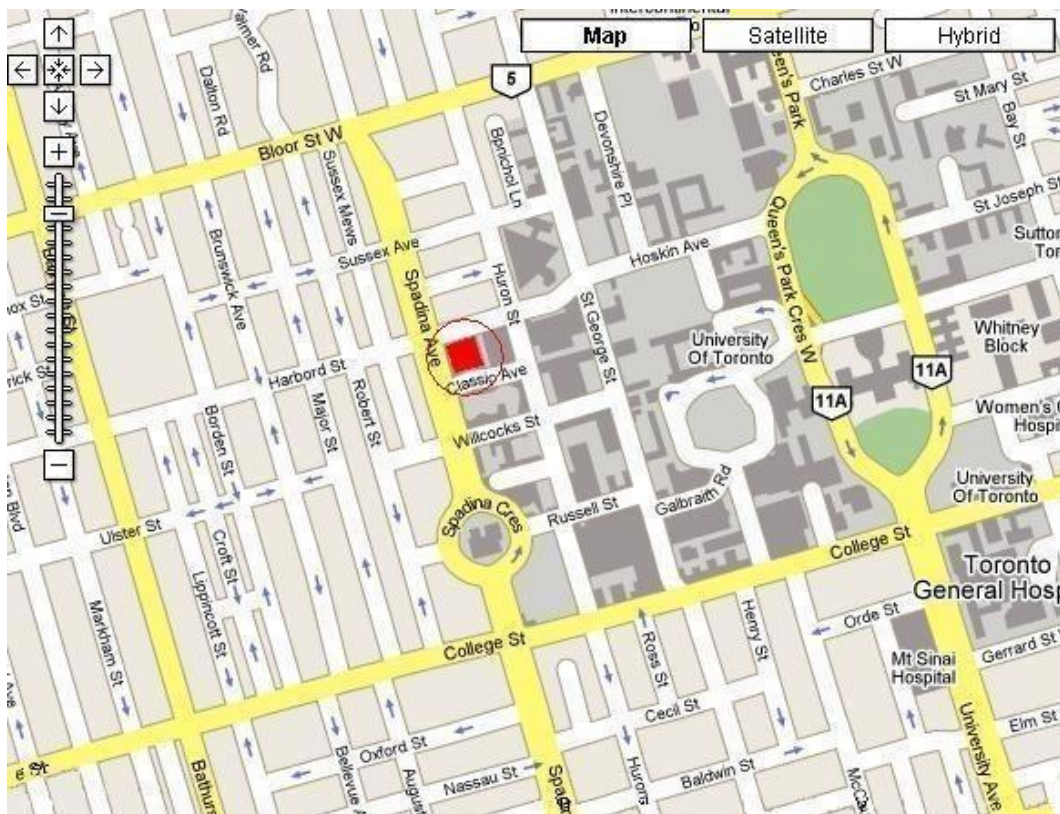
- Water is the only permitted drink allowed on the track facility.

TORONTO TRACK AND FIELD

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How to get the University of Toronto Athletic Centre: - 55 Harbord St. Toronto, Ontario, Canada, M5S 2W6

The Athletic Centre is located on the west side of U of T's St. George campus at the intersection of Harbord St. and Spadina Ave. It is easily accessible from the Spadina subway station and by streetcar.



From the Gardiner Expressway:

Gardiner Expressway to Spadina Ave. Turn left (go north) on Spadina Ave. Turn Right onto Harbord St and enter through first set of doors.

From 401 (East of DVP): 401 West to Don Valley Pkwy. Don Valley Pkwy South to Bloor St. West on Bloor St. to Spadina Ave.. Turn Left onto Spadina Ave. Turn Left on Harbord St and enter through first set of doors.

From 401 (West of Allen Road): 401 East to Allen Road. Allen Road South to end (Eglinton). Turn left (go east) onto Eglinton. Turn right (go south) onto Bathurst St. Turn left (go east) onto Harbord St. Enter through first set of doors.

Athletic Centre Entry:

For the safety and security of everyone, all students and members must enter and exit the Athletic Centre through the main entrances only* (on Harbord St. and Classic Ave.)