



51st Annual York University Open Track & Field Meet

Friday, February 3 & Saturday February 4, 2023



Location: Toronto Track and Field Centre
York University, 4700 Keele Street
North York, Ontario, M3J 1P3

Facilities: Banked 5-lane, 200 meter oval and separate 8-lane, 110 meter straightaway.
All competition surfaces are Sportica M.
Pin spikes may be worn (6mm)

Change rooms and showers are available. Athletes must provide their own locks and towels.

Street shoes may not be worn inside the field house. Only running shoes are permitted.

Eligibility: Open to university and college students and **must** be entered by their institution. Open to athletes who have met the entry standards.

Entry Fee:

University or College:	\$15 per event \$20.00 per relay \$500 school maximum
Open Athletes:	\$20 per event \$25.00 per relay no club maximum
Late Fee:	\$30 per event \$30 per relay
Non-Member Fee:	\$5

All Entries to be completed online at www.trackiereg.com/york-open-2023

Entry Deadline: Tuesday January 31st 2023 by 7:00pm

Late Deadline: Wednesday February 1st by 7:00pm

Entries: Entries are to be submitted through Trackie at the following link:
www.trackiereg.com/york-open-2023

Inquiries: Bradley Matheson: bmatheso@yorku.ca
Raymond Rudder: drudder@yorku.ca

Team Packages: Team Packages will be handed out at the front desk of the Toronto Track & Field Centre. Athletes will only gain entry to facility by showing their competitor number.

Scratches: Please make all scratches on the scratch form located in your package when you arrive in the centre and return this form to the results table located at the 60m finish line.

Results: Will be posted online, details will be confirmed on the trackie registration page.

Starting Heights: PV: 3:50m - Men's 2.20m - Women's
HJ: 1.70m - Men's 1.40m - Women's

LJ Standards: Athletes 1st legal jump will be measured and further jumps must achieve the minimum standard:
Women 4.00 Men 5.30m

Implements: We will weigh implements 1 hour prior to the start of the event at the competition area.

Open Standards: These standards must be achieved between November 2021 and the entry deadline in 2023 by open athletes to compete in this meet.

Event	Women	Men
60m	8.60	7.40
300m	43.90	37.50
600m	1:41.00	1:26.00
1000m	3:08.00	2:34.00
1500m	4:55.00	4:10.00
3000m	10:35.00	9:05.00
60mH	9.60	8.90
High Jump	1.55m	1.90m
Pole Vault	3.00m	4.10m
Long Jump	5.30m	6.40m
Triple Jump	10.75m	13.40m
Shot Put	10.20m	13.00m
Weight Throw	12.00m	13.50m

TRACK AND FIELD



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Note: All timed sections will be run from fast to slow

TENTATIVE SCHEDULE OF EVENTS

Friday, February 3rd, 2023

Track Events

5:00	-	60m Hept	- Men
5:10	-	60mH Pent	- Women
5:25	-	60mH - Heats	- Women
5:35	-	60mH - Heats	- Men
5:50	-	3000m	- Women
6:10	-	3000m	- Men
6:40	-	60mH Final	- Men
6:50	-	60mH Final	- Women
7:10	-	4x200m	- Men
7:25	-	4x200m	- Women
7:45	-	4x800m	- Men
8:00	-	4x800m	- Women
TBD	-	800m Pent	- Women

Field Events

3:00	-	Weight Throw	- Women
5:00	-	Shot Put	- Men
5:00	-	Triple Jump	- Women
5:40	-	Pent High Jump	- Women
5:45	-	Hep Long Jump	- Men
6:00	-	Pole Vault	- Women
7:00	-	Hep Shot Put	- Men
7:15	-	Triple Jump	- Men
7:45	-	Pent Shot Put	- Women
		Hep High Jump	- Men
8:45	-	Pent Long Jump	- Women

Saturday, February 4th, 2023

Track Events

10:30	-	60mH Hep	- Men
10:35	-	60m Heats	-Women
11:00	-	60m Heats	-Men
11:45	-	600m	-Women
12:00	-	600m	-Men

TRACK BREAK

1:00	-	60m Final	-Women (A&B)
1:10	-	60m Final	-Men (A&B)
TBD	-	1000m Hep	- Men
1:30	-	1000m	-Women
1:45	-	1000m	-Men
2:00	-	300m	-Women
2:45	-	Ayo Agosto Memorial 300m (Men)	
3:30	-	1500m	-Women
3:45	-	1500m	-Men
4:15	-	4x400m	-Women
4:30	-	4x400m	-Men

GRADUATION CEREMONY for graduating York Lions to follow the completion of the 4x400m relays

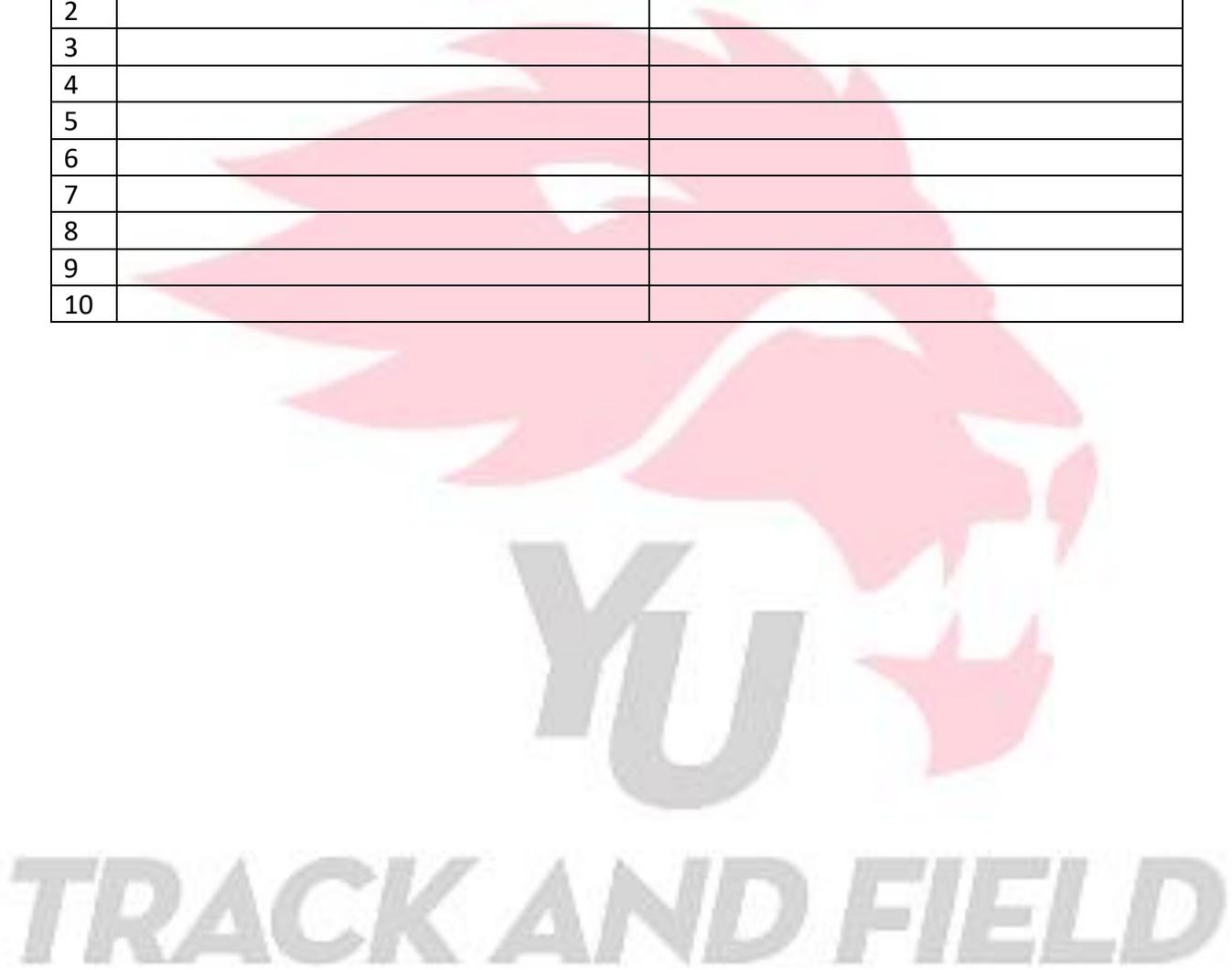
Field Events

9:00		Weight Throw	-Men
11:00		Long Jump	-Men
11:15		Pole Vault Hep	-Men
11:15		High Jump	-Men
11:00		Shot Put	-Women
2:00		Long Jump	-Women
1:30		Pole Vault	-Men
2:30		High Jump	-Women

List of Coaches / Admin Staff

Please list your coaches/managers and therapists on the attached list and submit in with your entries to arrange for accreditation for your team staff. Please email this information in to: bmatheso@yorku.ca by Wednesday, February 1 at 8pm.

	Name	Position
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



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

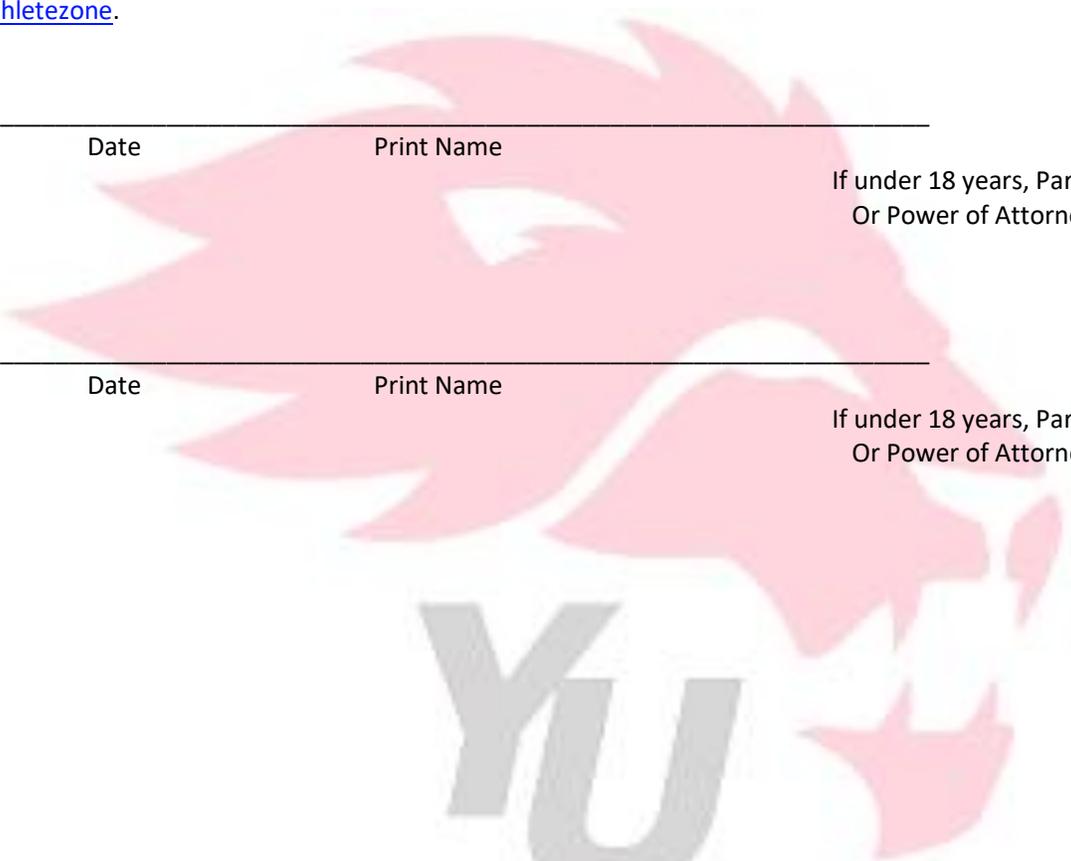
If under 18 years, Parent or Guardian
Or Power of Attorney to sign below

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