



TRACK AND FIELD

21st Annual York University Youth Xmas Open Track & Field Meet

Saturday, December 2nd, 2023

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 is Sportica M. Pin spikes may be worn (6mm)

Changing rooms and showers and lockers are available for use. If you plan on using a locker you will need to bring your own lock. The Toronto Track & Field Centre and York University are not responsible for items left in lockers.

Entry Deadline: Tuesday November 28th, 2023 11:59pm on Trackie

Entry Fee: \$10.00 (CND) per athlete per event registered with M.T.A., Athletics Ontario. or U.S.A.T.F.
\$15.00 (CND) per athlete per event not registered with M.T.A., Athletics Ontario or U.S.A.T.F.

Online registration is via Trackie.com using the following link:

trackie.com/event/york-youth-xmas-open-2023

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**There is an entry limit of 4 events per athlete.
(ie: 3 Track / 1 Field, 1 Field 3 Track, 2 Track / 2 Field etc.)**

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Schedule of Events

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Track Events

Straight

9:00am	50m Timed Final	(Girls) (U7, U9, U11, U13, U15)
	800m Timed Final	(Girls) (U7, U9, U11, U13, U15)
	200m Timed Final	(Girls) (U7, U9, U11, U13, U15)
10:30am	50m Timed Final	(Boys) (U7, U9, U11, U13, U15)
	800m Timed Final	(Boys) (U7, U9, U11, U13, U15)
	200m Timed Final	(Boys) (U7, U9, U11, U13, U15)

**ALL TIMED SECTIONS WILL BE RUN FROM SLOW TO FAST
STARTING BLOCKS FOR SENIOR AGE GROUP ONLY**

Field Events

9:00am	Long Jump (Boys)
	High Jump (Open Boys)
	Shot Put (U13 Boys (2.73kg) / U15 Boys(2.73kg))
10:30am	Long Jump (Girls)
	High Jump (Open Girls)
	Shot Put (U13 Girls (2.73kg) / U15 Girls (2.73kg))

**ALL AGE GROUPS WILL COMPETE AT THE SAME TIME IN THE LONG JUMP
RESULTS BE CALCULATED BY AGE GROUPS.**

**TAKE-OFF BOARD: WILL BE 1m IN LENGTH AND THE WIDTH OF THE LONG JUMP RUNWAY.
ATHLETES MUST JUMP FROM THE 1m AREA ON THE RUNWAY. U15 ATHLETES WILL USE
THE TAKE OFF BOARD.**

Age Groups

U7	2017 or 2018
U9	2015 or 2016
U11	2013 or 2014
U13	2011 or 2012
U15	2009 or 2010
U17	2007 or 2008

Results: Results will be posted at the following web site: www.yorkutrackclub.com/results

