

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

# Saturday, December 2<sup>nd</sup>, 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

Inquiries:

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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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# Saturday, December 2, 2023

Schedule of Events

**REMINDER OF THE LIMIT OF 4 EVENTS PER ATHLETE** 

### Track Events

### Straight

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

# 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

## 21st ANNUAL YORK UNIVERSITY YOUTH XMAS OPEN MEET on December 2, 2023

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

### MINOR TRACK ASSOCIATION OF ONTARIO ATHLETICS ONTARIO 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 to death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason or my participation in the said event, whether as a spectator, participant, competition 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.

Date

Print Name

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