



## 21<sup>st</sup> Annual York University 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 and Pole Vault surfaces are 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.

**Deadline:** **Tuesday, November 28, 2023 (through trackie)**

**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

**On Line Registration is via Trackie.com using the following link:**  
[trackie.com/event/york-xmasopen-2023](https://trackie.com/event/york-xmasopen-2023)

**Inquiries:** Raymond Rudder Email: [drudder@yorku.ca](mailto:drudder@yorku.ca)  
Bradley Matheson Email: [bmatheso@yorku.ca](mailto:bmatheso@yorku.ca)

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

# TRACK AND FIELD



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Tentative Schedule of Events (final schedule to be sent out by Friday December 1)

## Saturday December 2, 2023

### Track

1:00pm	1500m	Women followed by Men
	600m	Women followed by Men
	60m Hurdle Heats	Women
	60m Hurdle Heats	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	Women
	60m Hurdle FINAL	Men
	60m Final (A& B)	Women
	60m Final (A& B)	Men
	1000m	Women followed by Men
	300m	Women followed by Men
	3000m	Women followed by Men
	4x200m	Women then Men
	4x800m	Women then Men
	4x400m	Women then Men

ALL TIMED SECTIONS WILL BE RUN FROM SLOW TO FAST

### Field Events:

12:30pm	Women's Pole Vault			
1:00pm	Men's Long Jump	Women's High Jump	Men's Shot Put	
3:00pm	Women's Long Jump	Men's High Jump	Women's Shot Put	Men's Pole Vault

Men's & Women's Weight Throw to be completed following the 4x400m relays

Specifications for Shot Put:	Women:	4kg
	Men:	7.26kg
Specifications for Weight:	Women:	20lbs
	Men:	35lbs

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

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

**York Xmas Open on December 2, 2023**

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

Athletics Ontario  
Athletics Ontario Officials  
**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 of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor 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 and I AGREE to withdraw from the race if so requested by the designated medical officer.

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

**Canadian Anti-Doping Program (CADP)**

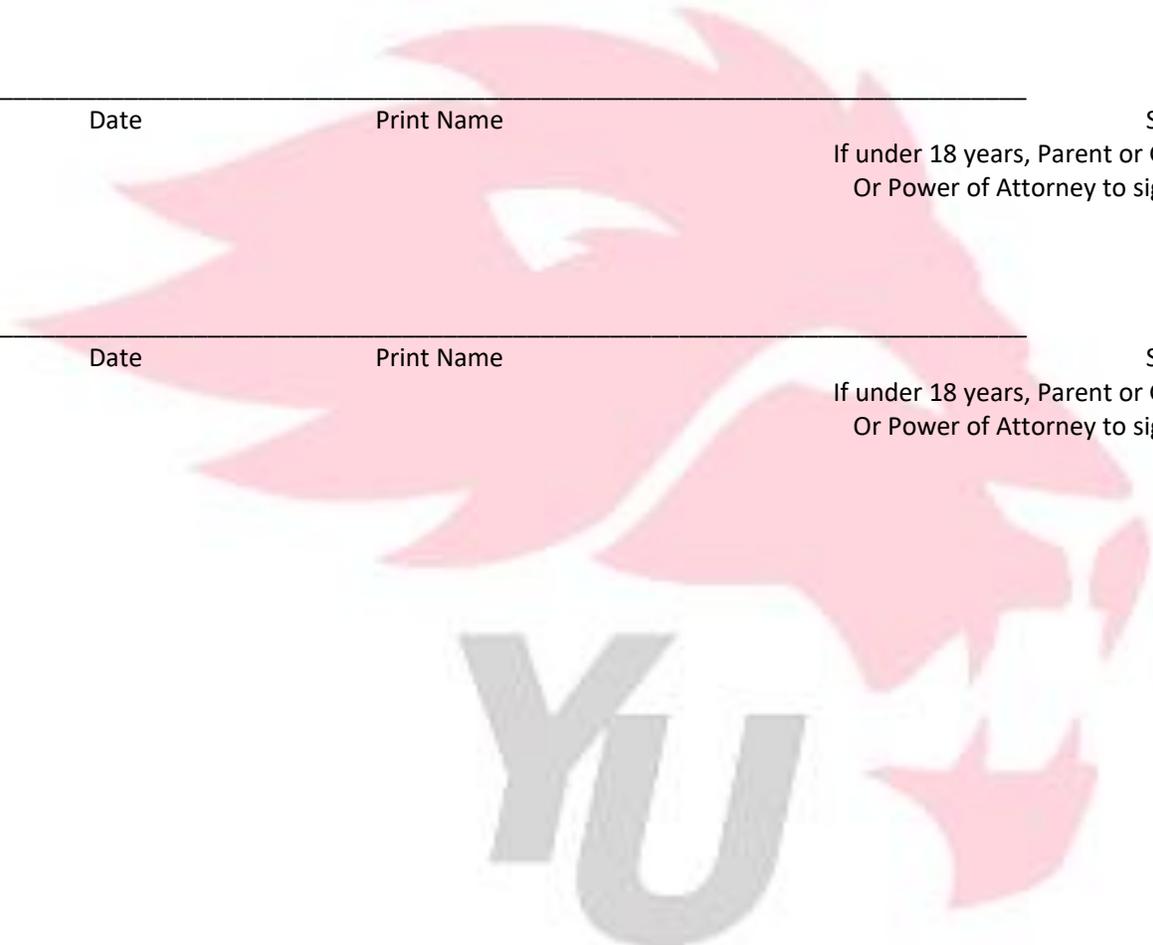
Athletics Canada has adopted the 2009 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to all individuals, whether in the role of athletes or athlete support personnel, 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](http://www.cces.ca/athletezone).

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Date	Print Name	Signature
		If under 18 years, Parent or Guardian Or Power of Attorney to sign below

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