



## **TRACK AND FIELD**

# **22<sup>nd</sup> Annual York University Youth Xmas Open Track & Field Meet**

**Saturday November 30, 2024**

**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.

**Parking:** Pay-and-display lots are located directly west of the Toronto Track & Field Centre. York University uses the Honk Mobile Mobile App for parking. <https://www.yorku.ca/parking/>  
Team Bus parking is also available through the Honk Mobile App <https://www.yorku.ca/parking/visitor-bus-parking-information/>

**Parking citations issued by the University are now City of Toronto tickets.**

**Entry Deadline:** Tuesday November 26<sup>th</sup>, 2024 11:59pm on Trackie

**Entry Fee:** \$15.00 (CND) per event

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

<https://www.trackie.com/event/york-youth-holiday-open-2024>

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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.)**

# 22<sup>nd</sup> Annual York University Youth Holiday Open Track & Field Meet

**Saturday November 30, 2024**

## Schedule of Events

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

### 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	2018 or 2019
U9	2016 or 2017
U11	2014 or 2015
U13	2012 or 2013
U15	2010 or 2011
U17	2008 or 2007

**Results:** Results will be posted at the following web site: [www.yorkutrackclub.com/results](http://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

**22<sup>nd</sup> ANNUAL YORK UNIVERSITY YOUTH XMAS OPEN MEET on November 30, 2024**

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name