



# 53<sup>rd</sup> Annual York University Open Track & Field Meet

Friday, January 31 & Saturday February 1, 2025



- 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<br>\$20.00 per relay<br>\$500 school maximum   |
| Open Athletes:         | \$20 per event<br>\$25.00 per relay<br><b>no club maximum</b> |
| Late Fee:              | \$30 per event<br>\$30 per relay                              |
- All Entries to be completed online at <https://trackie.com/event/york-open-2025>
- Entry Deadline:** Tuesday January 28, 2025 by 7:00pm  
**Late Deadline:** Wednesday January 29, 2025 by 7:00pm
- Entries:** Entries are to be submitted through Trackie at the following link:  
<https://trackie.com/event/york-open-2025>
- Inquiries:** Bradley Matheson: [bmatheso@yorku.ca](mailto:bmatheso@yorku.ca)  
Raymond Rudder: [drudder@yorku.ca](mailto: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 1<sup>st</sup> legal jump will be measured and further jumps must achieve the minimum standard:  
**Women 4.50 Men 5.60m**

**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 2022 and the entry deadline in 2024 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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Friday January 31<sup>st</sup> & Saturday February 1<sup>st</sup>, 2025



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

## TENTATIVE SCHEDULE OF EVENTS

### Friday January 31, 2025

#### Track Events

5:00	-	60m Hept	- Men
5:10	-	60mH Pent	- Women
5:20	-	60mH - Heats	- Women
5:35	-	60mH - Heats	- Men
5:50	-	3000m	- Women
6:05	-	3000m	- Men
6:30	-	60mH Final	- Men
6:45	-	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 (Pit 2)
5:40	-	Pent High Jump	- Women
5:45	-	Hep Long Jump	- Men (Pit 1)
6:00	-	Pole Vault	- Women
6:45	-	Hep Shot Put	- Men
7:15	-	Triple Jump	- Men (Pit 2)
7:45	-	Pent Shot Put	- Women
TBD	-	Hep High Jump	- Men
TBD	-	Pent Long Jump	- Women (Pit 1)

### Saturday February 1<sup>st</sup>, 2025

#### 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

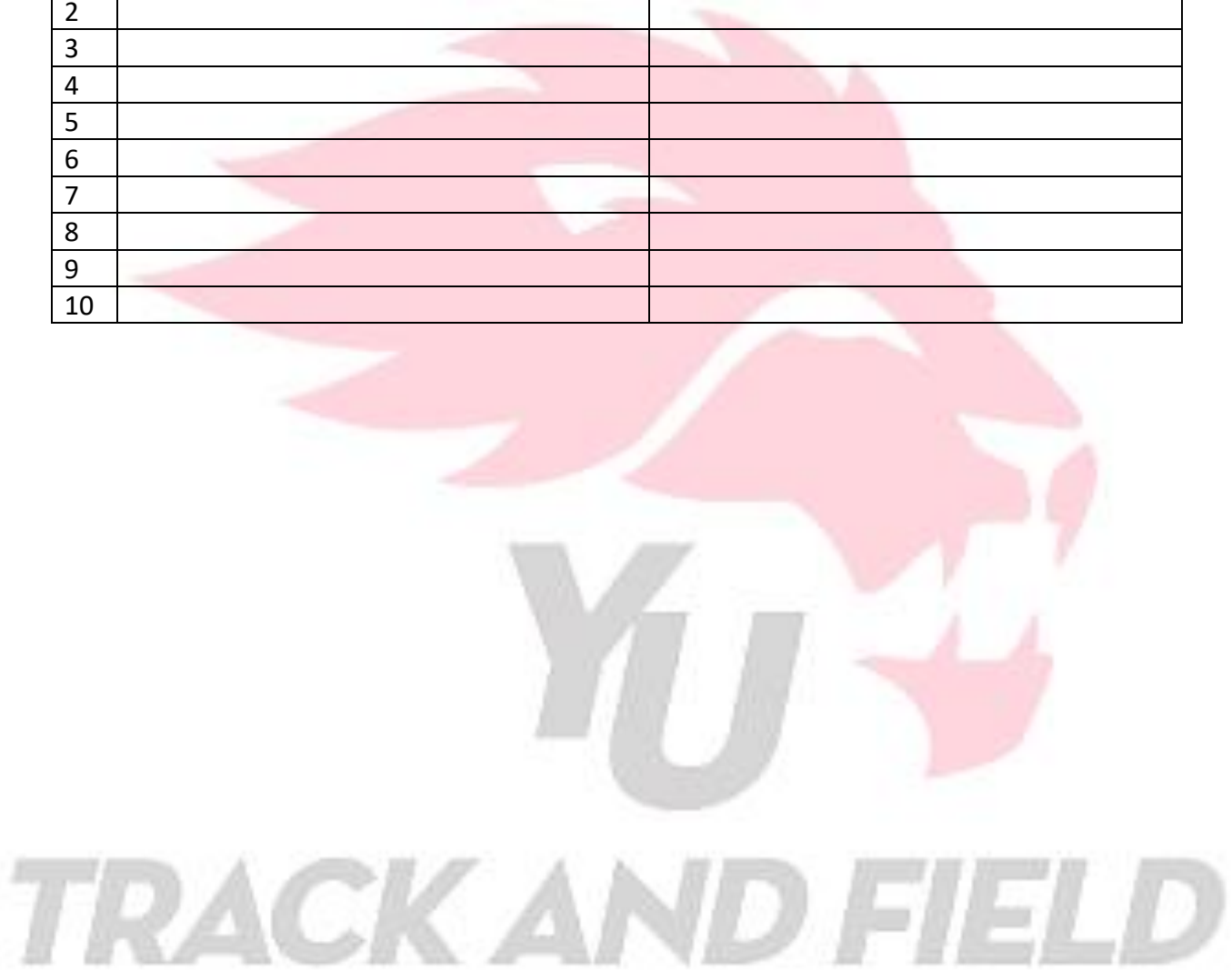
#### Field Events

9:00		Weight Throw	-Men
11:00		Long Jump	-Men (Pit 1&2)
11:15		Pole Vault Hep	-Men
11:15		High Jump	-Men
11:00		Shot Put	-Women
2:00		Long Jump	-Women(Pit 1&2)
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](mailto:bmatheso@yorku.ca) by Wednesday, January 31 at 8pm.

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



SANCTIONED AND REQUIRED BY: ATHLETICS ONTARIO

**RELEASE, WAIVER AND INDEMNITY**

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IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the

**2025 York Open on January 31-February 1, 2025**

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.

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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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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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Date

Print Name

Signature

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



**YU**

**TRACK AND FIELD**