



TRACK AND FIELD

23rd Annual York University Youth Holiday Open Track & Field Meet

Saturday November 29, 2025

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 25th, 2025 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-2025>

Inquiries: Raymond Rudder drudder@yorku.ca
Bradley Matheson bmatheso@yorku.ca

**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

REMINDER OF THE LIMIT OF 4 EVENTS PER ATHLETE

Track Events

Straight

9:00am	50m Timed Final	(Girls) (U7, U9, U11, U13, U15, U17)
	800m Timed Final	(Girls) (U7, U9, U11, U13, U15, U17)
	200m Timed Final	(Girls) (U7, U9, U11, U13, U15, U17)
10:30am	50m Timed Final	(Boys) (U7, U9, U11, U13, U15, U17)
	800m Timed Final	(Boys) (U7, U9, U11, U13, U15, U17)
	200m Timed Final	(Boys) (U7, U9, U11, U13, U15, U17)

**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(4.0kg), U17 Boys (5.0kg))	
10:30am	Long Jump (Girls)	
	High Jump (Open Girls)	
	Shot Put (U13 Girls (2.73kg) / U15 Girls (3.0kg), U17 Girls (4.0Kg))	

**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	2019 or 2020
U9	2017 or 2018
U11	2015 or 2016
U13	2013 or 2014
U15	2011 or 2012
U17	2009 or 2010

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

22nd ANNUAL YORK UNIVERSITY YOUTH HOLIDAY OPEN MEET on November 29, 2025

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