



14th Annual Xmas Open Track & Field Meet

Saturday, November 29th, 2014

Location: Toronto Track & Field Centre, York University, 4700 Keele Street, 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 are available. Athletes must provide their own locks and towels.

Entry Fee: **First Deadline: Tuesday, November 25th, 2014 (mail, fax, email)**
\$10.00 (CND) per athlete per event registered with Athletics Ontario or U.S.A.T.F.
\$20.00 (CND) per athlete per event for first event (\$10.00 for each subsequent event) not registered with Athletics Ontario or U.S.A.T.F.
\$400.00 (CND) Maximum for University / College Teams

Payment in the form of Cash, Cheque or Money Order (**payable to York University**)

On Line Registration is via Trackie.com using the following link:
<http://www.trackie.com/online-registration/register.php?id=1474>

Must be postmarked by Wednesday of previous week (November 19th)

Late Entries: Received after November 25th, 2014 up until 12:00pm on the Day of the Meet.
Late Fee \$20.00 (CND) per athlete per event.

ENTRIES WILL BE POSTED ON NOVEMBER 28th AT <http://www.yorku.ca/yutcv2/meetInfo.php>

ALL ENTRIES SENT IN MUST BE PAID FOR.

**ATHLETE NUMBERS / TEAM PACKAGES WILL ONLY BE HANDED OUT
ONCE ALL TEAM REGISTRATION FEES ARE PAID IN FULL.**

Day of Meet: Entries will **NOT** be accepted after 12:00pm, MEET DAY !!.

Colin Inglis
c/o York University
School of Kinesiology & Health Science
210 Stong College
4700 Keele Street
Toronto, Ontario M3J 1P3

Inquiries: Colin Inglis (416)736-2100 ext: 44669
Fax: (416)736-5702
Email: cinglis@yorku.ca

14th Annual York University Xmas Open

November 29th, 2014

Tentative Schedule of Events

Subject to Revisions (timetable available on day of meet)

Track Events

1:00pm

1500m Women	
1500m Men	
60m Hurdle Heats	Senior Women
60m Hurdle Heats	Senior 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	Senior Women
60m Hurdle FINAL	Senior Men
60m Final (A & B) Women	
60m Final (A & B) Men	
400m	Women
400m	Men
800m	Women
800m	Men
200m	Women
200m	Men
3000m	Women
3000m	Men
4x200m	(Women followed by men)

ALL TIMED SECTIONS WILL BE RUN FROM SLOW TO FAST

EVENTS WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE BY NO MORE THAN 30 MINUTES

Field Events:

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

**Weight Throw – Men followed by women beginning
30 minutes after the last event in the field house.**

Specifications for Hurdle Events:

<u>Event</u>	<u>Distance#</u>	<u>Height (m)</u>	<u>to 1st Hurdle</u>	<u>between</u>	
Senior Women	60m	5	0.840	13.00m	8.50m
Senior Men	60m	5	1.067	13.72m	9.14m

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.

Results: Will be posted on the York University Track Club web site: <http://www.yorku.ca/yutvc/v2/meetInfo.php>

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

2014 York Xmas Open on November 29th, 2014

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
COLIN INGLIS
COLLEEN DOTSON

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.

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