



# 45<sup>th</sup> ANNUAL YORK UNIVERSITY OPEN TRACK AND FIELD MEET Saturday, January 30<sup>th</sup>, 2016



**Location:** Toronto Track and Field Centre  
York University, 4700 Keele Street  
North York, Ontario, M3J 1P3

**Facilities:** Banked 5-lane, 200 metre Conica (Sportica M) Surface.  
Separate 8-lane, 60 metre sprint strip Sporica M Surface.  
Long Jump, Triple Jump and Pole Vault surfaces are Sportica M.  
Pin spikes may be worn (6mm). **Will be checked.**

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. Also open to athletes who **have** met the entry standards.

**Entry Fee:**

University or College:	\$10 per event \$20.00 per relay \$400 school maximum
Open Athletes:	\$15 per event \$25.00 per relay <b>no club maximum</b>
Late Fee:	\$20 per event \$30 per relay

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

**ALL ENTRIES SENT IN MUST BE PAID FOR!**

**TEAM FEE MUST BE PAID IN FULL BEFORE TEAM PACKAGE WILL BE RELEASED**

**Entry Deadline:** Wednesday, January 28<sup>th</sup>, 2016 (deadline for Hy-tek entries or trackie) by 7:00pm

**Entries:** Preferred method of submitting entries is electronically using either Hy-tek Team Manager (Lite) or trackie.ca . Please email for the appropriate files and instructions.

<http://www.trackie.com/online-registration/event.php?id=2497>

**Send entries and entry fee to:**

Colin Inglis

York University

School of Kinesiology and Health Science

210A Stong College, 4700 Keele Street Toronto, ON M3J 1P3

Phone: 416-736-2100 Ext. 44669

e-mail: cinglis@yorku.ca

**Team Packages:** Are to be picked up upstairs by coaches only. Packages will only be handed out once team has paid for their entries in full. 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 at the following website:  
[www.sport.yorku.ca/interuniversity\\_sport/teams/track\\_field/index.asp](http://www.sport.yorku.ca/interuniversity_sport/teams/track_field/index.asp)

**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 4.00 Men 5.30m

**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 2015 and the entry deadline in 2016 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

**YORK UNIVERSITY TRACK & FIELD OPEN**  
**January 30<sup>th</sup>, 2016**  
**TENTATIVE SCHEDULE OF EVENTS**

**FINAL SCHEDULE TO BE POSTED AT THE MEET**

**Track Events**

10:30	-	60m Heats	-Men
11:00	-	60m Heats	-Women
11:20	-	1000m	-Men
11:30	-	1000m	-Women
11:40	-	60m Hurdle Heats	-Men
11:55	-	60m Hurdle Heats	-Women
12:10	-	60m Final	-Men (A&B)
12:20	-	60m Final	-Women (A&B)
12:35	-	3000m	-Men
12:50	-	3000m	-Women
1:00	-	60m Hurdles	<b>-Final Women</b>
1:10	-	60m Hurdles	<b>-Final Men</b>

**BREAK**

2:00	-	300m	-Men
2:35	-	300m	-Women
3:05	-	600m	-Men
3:25	-	600m	-Women
3:45	-	4x200m	-Men
3:55	-	4x200m	-Women
4:05	-	1500m	-Men
4:20	-	1500m	-Women
4:35	-	4x400m	-Men
4:45	-	4x400m	-Women
4:55	-	4x800m	-Men
5:10	-	4x800m	-Women

**Field Events**

9:00	Weight Throw	Men (Women to follow)
11:00	Shot Put	Men
11:00	Long Jump	Men
11:00	Pole Vault	Women
11:15	High Jump	Men
1:00	Long Jump	Women
1:30	Pole Vault	Men
2:00	Shot Put	Women
2:00	High Jump	Women
2:30	Triple Jump	Men
3:45	Triple Jump	Women

<b>Note:</b>	All timed sections will be run from slow to fast. Events run ahead of schedule whenever possible by max 30 mins.
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### List of Coaches / Admin Staff

Please list your coaches/managers and therapists on the attached list and submit in with your entries so we can arrange for accreditation for your team staff. Please email this information in to: [cinglis@yorku.ca](mailto:cinglis@yorku.ca)

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