



10th Annual Xmas Open Track & Field Meet

Saturday, December 5th, 2009

Location: Toronto Track & Field Centre, York University, 4700 Keele Street, Toronto, ON M3J 1P3

Facility: Banked 5-lane, 200m Chevron surface
Separate 8 lane, 60m sprint strip on the outside of the oval track. Long Jump and Pole Vault surfaces are mondo. 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, December 1st, 2009 (mail, fax, email)**
\$10.00 (CND) per athlete per event registered with O.T.F.A. 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 O.T.F.A. or U.S.A.T.F.
\$400.00 (CND) Maximum for University Teams

Must be postmarked by Wednesday of previous week (November 25th)

Late Entries: Received after December 1st, 2008 up until 12:00pm on the Day of the Meet.
Late Fee \$20.00 (CND) per athlete per event.
Late Fee \$25.00 (CND) per relay

ENTRIES WILL BE POSTED ON DECEMBER 3rd AT <http://www.yorku.ca/yutc>

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 !!

Entries: Complete the Entry Form: Please include event and event number for each athlete. See example on entry form.
Send entries and entry fee to:

If you would like to send them in using Hy-Tek Team Manager (Lite) instructions and file can be downloaded from the following website: <http://www.yorku.ca/yutc/xmas.html>

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

NO PERSONAL CHEQUES

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

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

10th Annual York University Xmas Open

December 5th, 2009

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

**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>#</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/yutc>

10th Annual York University Xmas Open
December 5th, 2009

Team / Club: _____ Phone: _____ Email: _____

Coach(es): _____ Address: _____

FEMALE ENTRY FORM – DUE, DECEMBER 1st, 2009

**** PLEASE PUT EVENT NUMBER along with event name and seed time ****

Name	YOB	Event	Seed	Event	Seed	Event	Seed
Jane Smith	75	#1 – 60m	8.10				

EVENT NUMBER CHART

- #1 Women 60m
- #3 Women 200m
- #5 Women 400m
- #7 Women 800m
- #9 Women 1500m
- #11 Women 3000m
- #13 Women 60mH
- #15 Women HJ
- #17 Women LJ
- #19 Women SP
- #21 Women PV
- #23 Women WT

**10th Annual York University Xmas Open
December 5th, 2009**

Team / Club: _____ Phone: _____ Email: _____

Coach(es): _____ Address: _____

MALE ENTRY FORM – DUE, DECEMBER 1st, 2009

**** PLEASE PUT EVENT NUMBER along with event name and seed time ****

Name	YOB	Event	Seed	Event	Seed	Event	Seed
Tim Jones	75	#2 - 60m	7.00				

EVENT NUMBER CHART

- #2 Men 60m
- #4 Men 200m
- #6 Men 400m
- #8 Men 800m
- #10 Men 1500m
- #12 Men 3000m
- #14 Men 60m H
- #16 Men HJ
- #18 Men LJ
- #20 Men SP
- #22 Men PV
- #24 Men WT

SANCTIONED AND REQUIRED BY:

THE ONTARIO TRACK & FIELD ASSOCIATION

RELEASE, WAIVER AND INDEMNITY

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

2009 10th ANNUAL YORK UNIVERSITY XMAS OPEN MEET

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE WAIVE AND FOREVER DISCHARGE

**ONTARIO TRACK & FIELD ASSOCIATION
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 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	Signature of Legal Guardian
------	------------	-----------------------------