



# 41<sup>st</sup> ANNUAL YORK UNIVERSITY OPEN TRACK AND FIELD MEET Saturday, February 4<sup>th</sup>, 2012



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

**Facilities:** Banked 5-lane, 200 metre Ameritan PF Surface.  
Separate 8-lane, 60 metre sprint strip Ameritan PF Surface.  
Long Jump, Triple Jump and Pole Vault surfaces are Mondo.  
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.

**Eligibility:** Open to university and college students and **must** be entered by their institution. Also open to athletes who **are not** in high school and 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  
**(NON HIGH SCHOOL) \$25.00 per relay**  
**no club maximum**

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

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

**Entry Deadline:** Tuesday, January 31<sup>st</sup>, 2012 (By mail, e-mail, or fax) by 9:00pm E.S.T.  
Wednesday, February 1<sup>st</sup>, 2012 (deadline for Hy-tek entries) by 4:00pm

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

Complete the Entry Form: Please include event and event number for each athlete. See example. 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 Fax: 416-736-5702  
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 4.00m  
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 in 2012 by non-university athletes to be eligible 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	1.55	1.90
Pole Vault	3.00	4.10
Long Jump	5.00	6.10
Triple Jump	10.50	13.40
Shot Put	10.20	13.00
Weight Throw	12.00	13.50

**YORK UNIVERSITY TRACK & FIELD OPEN**  
**February 4<sup>th</sup>, 2012**  
**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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# YORK UNIVERSITY TRACK AND FIELD OPEN

February 4<sup>th</sup>, 2012

Toronto Track and Field Centre



Team: \_\_\_\_\_

Phone: \_\_\_\_\_

**FEMALE ENTRY FORM - Due: Tuesday, January 31<sup>st</sup>, 2012**

Relays: 4 x 200m Women Team 'A' Seed Time: \_\_\_\_\_ 'B' Time: \_\_\_\_\_

4 x 400m Women Team 'A' Seed Time: \_\_\_\_\_ 'B' Time: \_\_\_\_\_

4 x 800m Women Team 'A' Seed Time: \_\_\_\_\_ 'B' Time: \_\_\_\_\_

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

Name	YOB	Event	Seed	Event	Seed	Event	Seed

### EVENT NUMBER CHART

- |          |              |            |            |          |           |
|----------|--------------|------------|------------|----------|-----------|
| 1. 60m   | 3. 300m      | 5. 600m    | 7. 1000m   | 9. 1500m | 11. 3000m |
| 13. 60mH | 15. 4 X 200m | 17. 4x400m | 19. 4x800m | 21. HJ   | 23. PV    |
| 25. LJ   | 27. TJ       | 29. SP     | 31. WT     |          |           |



**YORK UNIVERSITY TRACK AND FIELD OPEN**  
February 4<sup>th</sup>, 2012  
Toronto Track and Field Centre



Team: \_\_\_\_\_

Phone: \_\_\_\_\_

**MALE ENTRY FORM - Due: Tuesday, January 31<sup>st</sup>, 2012**

Relays:     **4 x 200m** Men Team A-Seed Time: \_\_\_\_\_     'B' Time: \_\_\_\_\_  
               **4 x 400m** Men Team A-Seed Time: \_\_\_\_\_     'B' Time: \_\_\_\_\_  
               **4 x 800m** Men Team A-Seed Time: \_\_\_\_\_     'B' Time: \_\_\_\_\_

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

Name	YOB	Event	Seed	Event	Seed	Event	Seed

**EVENT NUMBER CHART**

- 2. 60m            4. 300m            6. 600m            8. 1000m            10. 1500m            12. 3000m
- 14. 60mH          16. 4x200m          18. 4x400m          20. 4x800m          22. HJ                24. PV
- 26. LJ             28. TJ                30. SP                32. WT

### 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.

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