



Presents

**Ontario Indoor Combined Events Championships
& Winter Mini Meet 3**

March 28 - 29, 2026

**Toronto Track and Field Centre
231 Ian MacDonald Blvd.
Toronto, ON
M7A 2C5**

Technical Package

Registration

Entry Deadline:

Regular Deadline: 11:59 pm, Monday, March 23, 2026
Late Deadline: 10:00 am, Wednesday, March 25, 2026

Age Categories:

U16 born in 2011 or after
U18 born in 2009 or after
U20 born in 2007 or after
Senior born in 2006 or before

Eligibility:

There are no entry standards for this meet.

Athletes residing in Ontario who want to register for a championship event must be registered and their clubs affiliated for the current competitive year with Athletics Canada before the athlete registers for their championship event(s). Athletes registered with Athletics Canada as “Unattached” or “Disassociated” do not require a club affiliation.

Athletes residing in Ontario but representing a club from outside the province must be registered with their association and must be entered by their respective clubs.

Athletes residing outside of Ontario must be registered for the current competitive year with their provincial/state/national associations.

Out-of-country athletes must contact the Athletics Ontario Operations Coordinator at operations@athleticsontario.ca to be entered into championship events. Please ensure you provide your membership number from your respective athletics federation, date of birth, events you wish to register for, and all respective seed performances.

Fees:

An AC Levy of \$2/athlete (one time charge per athlete at each championship) will be added to the entry fee.

	<u>Combined Events</u>	<u>Non-Championship</u>
Regular Deadline Fees:	Tetrathlon \$25	\$25 first event
Until Mar 23 @ 11:59 pm EST	Pentathlon \$35	\$10/additional events
	Heptathlon \$37	

Late Deadline Fees: \$60 per event

Until Mar 25 @ 10:00 am EST

*Combined Events fees include HST. Non-Championship fees will have HST added (HST# 10400235RT)
Processing fees are added to the final entry fee. AthleticsReg processing fees are non-refundable.

Method and Payment:

All payments are made on AthleticsReg:

<https://athleticsreg.ca/#!/events/combined-events-championships-winter-mini-meet-3>

Confirmation:

As Entries are processed, performance lists will be made available on AthleticsReg’s website:

<https://athleticsreg.ca/#!/events/combined-events-championships-winter-mini-meet-3>

A preliminary performance list will be available on the live results following the regular deadline. Find the link for the event on the AO Live Results page here:

<https://athleticsontario.anet.live/meet-list>. A final performance list will be posted on the

Live Results as well as emailed to all participants the day after the late entry deadline closes.

Post Entries: Entries received after the late entry deadline will be accepted at the discretion of Athletics Ontario and only if it does not cause a disruption to the conduct of the meet.

Refunds: Refunds will be given to those who scratched no later than Wednesday before the start of the competition. Scratches requested after this will not be issued a refund.

Club admins will be able to scratch their own athletes up until the regular deadline. After that time, clubs must email operations@athleticsontario.ca for a scratch to be completed and a refund to be processed.

Parents or individual athletes who register themselves may be required to email operations@athleticsontario.ca to scratch and receive a refund.

Competition Details

Schedule: The schedule is subject to minor adjustments. Please refer to the championship webpage for all up-to-date information: <https://www.athleticsontario.ca/events/ontario-indoor-ce-championship>. A revised schedule will be posted the day after the regular entry deadline. A final schedule will be posted no later than Wednesday prior to the start of the championships.

Check-in Procedure: Athletes only need to check in with officials 15 minutes prior to the start of their event.

For field events, athletes must check in with officials at their event site before the start of each of their scheduled field event.

Awards: Gold, silver, and bronze medals will be awarded to the first three finishers from Ontario in each of the combined events only.

Non-Ontario athletes will be eligible for medals. These non-Ontario athletes will not offset medal placements for registered Ontario athletes (example: a non-Ontario athlete that places first in an event will receive a gold medal. If second overall was a registered Ontario athlete, him/her would also receive a gold medal as they were the first overall registered Ontario athlete. The process continues until three registered Ontario athletes are awarded medals.

Scoring: The top 6 athletes in each age division and championship event will earn points for their clubs as follows:

1 st – 7 points	2 nd – 5 points	3 rd – 4 points	4 th – 3 points
5 th – 2 points	6 th – 1 point		

Lane & Heat Assignment: In individual track events, lanes, heats, and sections will be assigned according to the rules of WA/AC/AO.

In all championship relay races, the heats will be assigned based on seed performance. In each heat, there will be a draw for lanes (randomised lane assignments). Lane 1 will remain vacant where applicable.

A list of heats and lane assignments will be posted at the start area for each event.

Protests & Appeals:

All Protests must be made as outlined in WA Technical Rule 8.

Protests to referee decisions must be addressed with the referees first. If the referee upholds their decision, an appeal may be made.

In all cases, protests must be filed within 30 minutes of the official announcement or release of the results. If no protest is received within the above-mentioned time limit, the result as released will stand. If a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeals to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The cost of \$25.00 will be returned if the protest is upheld or not considered frivolous by the Jury.

Appeals must be completed using the following online form:

https://docs.google.com/forms/d/e/1FAIpQLSey7OHMbn_oBjib769mzk2L3xM8zZyuWGhH8yNNh9OisHWO-Q/viewform

Technical Details

- Events Offered:** Championship Events
Combined Events: Tetrathlon, Pentathlon, Heptathlon
- Non-Championship Events
Track: 60m, 100m, 200m, 400m, 800m, Mile, 60mH, 80mH, 100mH, 3000mRW, 4x800m
Field: High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight Throw
- Championship Regulations:** Complete procedures and technical rules can be found on the Athletics Ontario Procedures and Technical Rules here: <https://bit.ly/ontario-championship-rules>
- Seeding of Events:** Seeding protocols can be found on the AO Procedures and Technical Rules linked above. Please note that events will be seeded the day before each day of competition. For example, Saturday's events will be seeded and posted on Friday evening. Sunday's events will be seeded and posted online by Saturday after 6pm.
- Qualifying for Finals:** Top 8 athletes by time will qualify for any events with prelims and finals.
- Implements:** All throwing implements will be provided by meet management. Personal implements will be allowed provided they are checked-in one hour prior to the event, pass inspection, and are made available to all other competitors until the end of the event.
- Clothing and Shoes:** Athletes competing in any AO provincial championships may wear clothing from AO/AC member clubs in good standing. Athletes not representing an AO/AC club must wear plain tops or singlets. Company logos are permitted on these garments following WA regulations.
- Officials may randomly check athlete footwear to ensure they are complying to WA shoe regulations. To confirm if your shoes are allowed at competitions, please review the world shoe list here: <https://certcheck.worldathletics.org/FullList>
- Hurdle Specifications:** All specifications for throwing and hurdling events can be found on Appendix 3 of Athletics Ontario's [***Procedures and Technical Rules for Ontario Provincial Championships***](#).

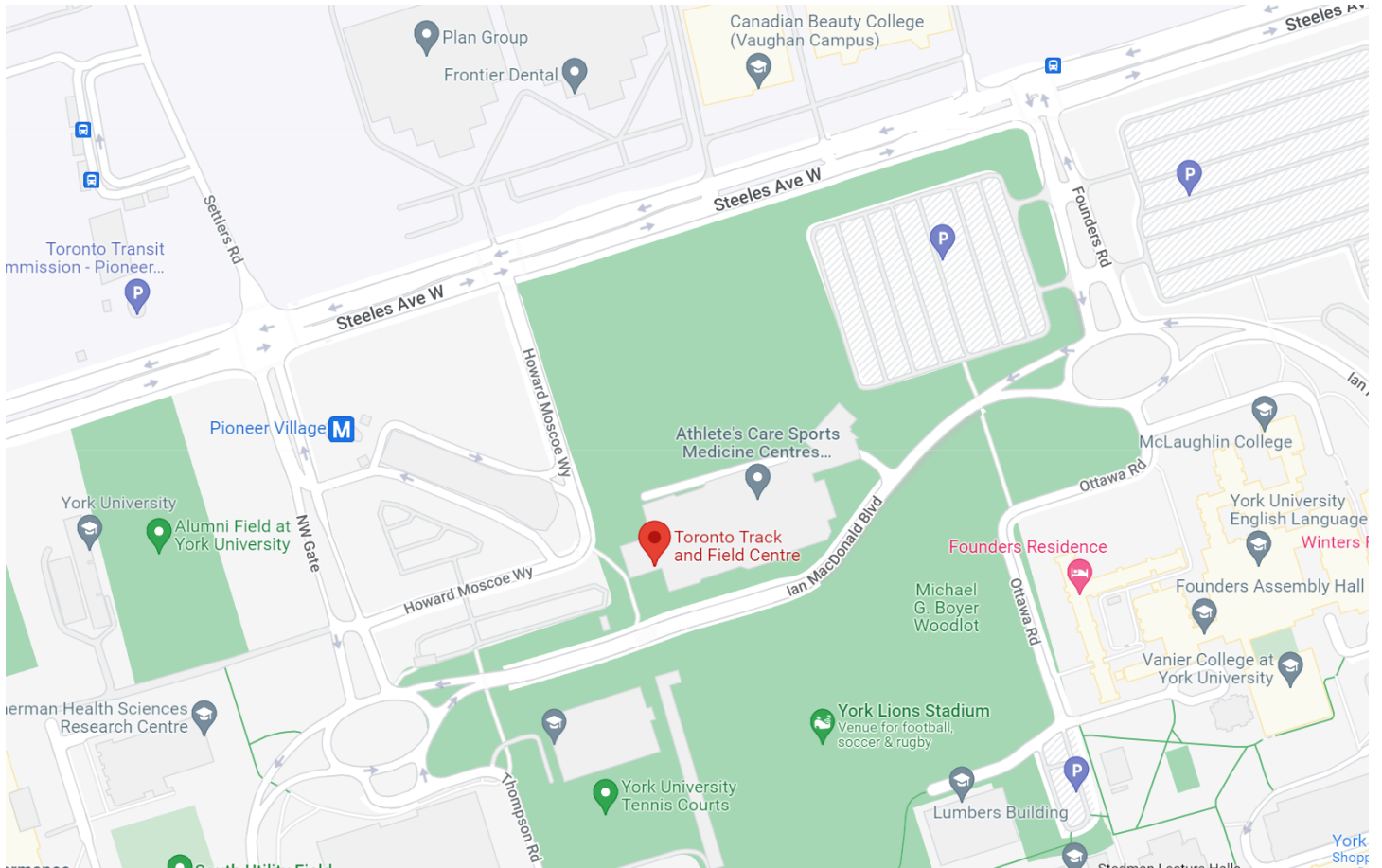
	Distance (m)	Height (m)	Start to 1 st Hurdle (m)	Distance Between
<u>Female</u>				
U16	60	0.762	12.00	8.00
U18	60	0.762	13.00	8.50
U20	60	0.840	13.00	8.50
Senior	60	0.840	13.00	8.50
<u>Male</u>				
U16	60	0.840	13.00	8.50
U18	60	0.914	13.72	9.14
U20	60	0.990	13.72	9.14
Senior	60	0.990	13.72	9.14

Starting Blocks:

Athletes must use competition provided starting blocks. Personal starting blocks will not be allowed unless they match the model and make of the starting blocks being provided.

General Information

Location: Toronto Track and Field Centre
231 Ian MacDonald Blvd
M7A 2C5
Ph# (416) 392-2812



Directions: Take the 401 into the city of Toronto and take exit 359 to merge onto ON-400 N toward Barrie. Take the Steeles Avenue W. exit, and head East. The university will be on the right-hand side (South side) of the road. Turn into Founders Road towards the roundabout and make another right onto Ian MacDonald Boulevard. The Toronto Track and Field Centre will be the first building on the right-hand side (North side) of Ian MacDonald Boulevard.

Parking: There is parking available on the east side of Founders Road as you turn into the York University campus from Steeles Ave W. As well as 2 parking lots surrounding Pioneer Village subway station on the south side of Steeles Ave W. Another parking spot is available on the south side of Howard Moscoe Way, just west of the main entrance to the Toronto Track and Field Centre. There is TTFC parking lot north of Steeles Ave W which is also free during weekends.

Via TTC: Northbound, line 1 goes directly to Pioneer Village Station, located right beside the Toronto Track and Field Centre. Alternatively, the TTC 60 bus comes from both directions along Steeles Ave W., which is directly north of the Toronto Track and Field Centre.

Contacts:

Meet Director	Randolph Fajardo	randolphfajardo@athleticsontario.ca
Entries	AO Operations	operations@athleticsontario.ca
Volunteers		volunteer@athleticsontario.ca
Officials Coordinator	Kathryn Dertinger	aooavailability@gmail.com
Facility Manager	Leteesha Goulding	leteesha.goulding@toronto.ca

Facility:

- Synthetic surface on a 5-lane 200m banked oval and 8-lane sprint straight and field approaches.
- Concrete throwing circle.
- Change room facilities and showers are available.
- Bring your own lock and towel

All competition and official working areas are always off limits to non-competitors.

Facility Regulations: Maximum spike length is 6mm (9mm for High Jump). Spikes will be checked in the call room before athletes head out to the competition site.

Only athletes with bib numbers, coaches registered for the current competition year, officials and meet volunteers will be permitted into the fieldhouse. Only athletes are allowed in the Call Room. All others must go to the spectator viewing area. Meet organizers will provide passes for AO coaches registered by the meet entry deadline.

NO street shoes or boots on the track surface. Please ensure you bring running shoes to change into as you will not be allowed into the facility without them. NO electronic devices are allowed in the competition area.

Results: Results will be posted on Sunday following the completion of the meet. Please click on the following link for the meet results.
<https://athleticsontario.ca/stats/results/>

Photos: Photos captured by the Athletics Ontario team will be posted on the Athletics Ontario social media sites (Facebook, Twitter, Instagram, etc.) during and following the meet. All athletes are given the opportunity to sign a waiver/release form regarding photography. Facebook page:
<https://www.facebook.com/Athletics-Ontario-135196239850966/?fref=ts>

First Aid: Medical Personnel will be on-site. The closest hospital is as follows:

North York General Hospital
555 Finch Ave W.
Toronto, Ontario
M2R 1N5
(416) 633-9420