



**Presents**

**Ontario Indoor U16 & U20 Athletics Championships**

**March 21 - 22, 2026**

**Toronto Track and Field Centre**

**231 Ian MacDonald Blvd.**

**Toronto, ON**

**M7A 2C5**

**Technical Package**

## Table of Contents

Registration	3
Entry Deadline	3
Age Categories	3
Eligibility	3
Fees	3
Method and Payment	3
Confirmation	3
Post Entries	4
Refunds	4
Competition Details	4
Schedule	4
Check-In Procedure	4
Awards	4
Scoring	4
Lane & Heat Assignment	5
Protests & Appeals	5
Technical Details	6
Events Offered	6
Championship Regulations	6
Seeding of Events	6
Failure to Participate	6
Implements	6
Implements	7
Sprint Medley Relay	7
Clothing and Shoes	7
Sprint Event	7
Hurdle Specifications	7
Seed Times	8
Starting Blocks	9
General Information	10
Location	10
Directions	10
Parking	10
Via TTC	10
Contacts	11
Facility	11
Facility Regulations	11
Results	11
Photos	11
First Aid	11

## Registration

**Entry Deadline:**                      Early Deadline:                      11:59 pm, Thursday, February 26, 2026  
Regular Deadline:                      11:59 pm, Thursday, March 12, 2026  
Late Deadline:                              10:00 am, Wednesday, March 18, 2026

**Age Categories:**                      U16      born in 2011 or after  
U20      born in 2007 or after

**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](mailto: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.

<b>Fees:</b>	<b><u>Individual Events</u></b>	<b><u>Relays</u></b>
<b>Early Deadline Fees:</b> Until Feb 26 @ 11:59 pm EST	\$30 per event	
<b>Regular Deadline Fees:</b> Until Mar 12 @ 11:59 pm EST	\$35 per event	
<b>Late Deadline Fees:</b> Until Mar 18 @ 10:00 am EST *All fees include HST and Trackie fees. HST# 10400235RT	\$60 per event	

**Method and Payment:**                      All payments are made on Trackie:  
<https://www.trackie.com/event/2026-ontario-indoor-u16-u20-track-and-field-championships/1035398/>

**Confirmation:**                              As Entries are processed, performance lists will be made available on Trackie’s website:  
<https://www.trackie.com/event/2026-ontario-indoor-u16-u20-track-and-field-championships/1035398/>

A preliminary performance list will be available on the championship website on the Saturday following the regular deadline at <https://www.athleticsontario.ca/events/ontario-indoor-u16-u20-championship>. A final

performance list will be posted as well as emailed to all participants through Trackie 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](mailto: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](mailto:operations@athleticsontario.ca) in order 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-u16-u20-championship>. A revised schedule will be posted on the Saturday after the regular entry deadline. A final schedule will be posted on the Monday following the regular entry deadline by 12:00 pm EST.

**Check-In Procedure:**

Athletes entered in field events must check in with officials at their event site before their respective event begins. Failure to check in with officials before the event starts will result in them being removed from that specific event. Picking up bib numbers does not constitute a check-in.

Athletes in track events simply need to arrive at the start line before their event to be organised and placed on the start line by officials. Heat sheets will be posted by the start line area for each track event, and will indicate which heat and lane athletes have been assigned.

Track athletes in distance races should arrive 15 – 30 minutes before the start of the event to pick up their hip number from officials. Two hip numbers will be given to athletes and must be worn on the right hip and the upper left side of the chest.

**Awards:**

Gold, silver, and bronze medals will be awarded to the first three finishers from Ontario in each event and relay.

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 point for their clubs as follows:

1 <sup>st</sup> – 7 points	2 <sup>nd</sup> – 5 points	3 <sup>rd</sup> – 4 points	4 <sup>th</sup> – 3 points
5 <sup>th</sup> – 2 points	6 <sup>th</sup> – 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:** Protests to referee decisions must be addressed with the referees. If the referee upholds their decision, an appeal may be made.

The decision of the referee may be appealed to the Jury of Appeal, whose decision is final.

All appeals must be filed within 30 minutes of the official announcement or release of the results. If no appeal is received within the above-mentioned time limit, the result as released will stand. If an appeal changes a result, 30 minutes will be allowed following the announcement or release of the decision for additional appeals to be brought forward. The cost of \$25.00 will be returned if the protest is upheld or not considered frivolous by the Jury.

Appeals must be completed online here:

[https://docs.google.com/forms/d/e/1FAIpQLSey7OHHMbn\\_oBJjb769mzk2L3xM8zZyuWGhH8yNNh9OisHWO-Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSey7OHHMbn_oBJjb769mzk2L3xM8zZyuWGhH8yNNh9OisHWO-Q/viewform)

## Technical Details

**Events Offered:** Championship Events  
U16 Track Events: 60m, 200m, 300m, 800m, 1200m, 2000m, 60mH, 1500m RW,  
U20 Track Events: 60m, 200m, 400m, 800m, 1500m, 3000m, 60mH, 3000m RW,  
5000m RW  
U16/U20 Field Events: High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Weight  
Throw  
U16/U20 Relays: Sprint Medley Relay (200m – 200m – 400m – 800m)

**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.

**Failure to Participate:** Athletes who do not show up an event (scratch after the seeded sections have been  
posted) will be removed from any other events he/she are entered for at this  
championship. Medical restrictions or inclement weather occurrences that prevented an  
athlete from competing may be considered and should be brought to the meet director's  
attention.

**Implements:** In events where there is a qualifying round and then a final on the track, the  
qualification table outlined below will be used.

The “# on start list” is the number of entries registered for the event after all scratches  
have been removed and before the championship has begun on Saturday.

# on start list	Qualifying heats	Qualify to Final <sup>1</sup>	Final Sections
9 – 16	-	3+2	1 Final
17 – 24	-	3+7	2 Timed Finals
25 – 32	4	3+4	2 Timed Finals
33 – 40	5	4+4	3 Timed Finals
41 – 48	6	3+6	3 Timed Finals
49 – 56	7	3+3	3 Timed Finals
57 – 64	8	2+8	3 Timed Finals
65 – 72	9	2+6	3 Timed Finals
73 – 80	10	2+12	4 Timed Finals
81 – 88	11	2+10	4 Timed Finals
89 – 96	12	2+8	4 Timed Finals
97 - 104	13	2+6	4 Timed Finals
105 - 112	14	2+12	5 Timed Finals

<sup>1</sup> First number indicates the number of competitors qualifying in each heat by place; the second number refers to the additional  
number from all heats qualifying by time.

### Implements:

All throwing implements will be provided by meet management. Personal implements will be allowed, and once checked in, will be added to the competition equipment pool.

	Female		Male	
	U16	U20	U16	U20
SP	3.00kg	4.00kg	4.00kg	6.00kg
WT	5.45kg	9.08kg	7.26kg	11.34kg

### Sprint Medley Relay:

The Sprint Medley Relay will run in the order of 200m – 200m – 400m – 800m.

Relay cards can be downloaded from the live results if you would like to print your own ahead of the championship. There will be cards available for pickup at the timing/results table. These cards are due **90min** prior to the start of each scheduled relay event.

Batons will not be provided to athletes for warmups. Athletes and clubs must bring their own batons for any warmups in the fieldhouse.

The event will provide batons for all relay races. Personal batons will not be accepted for the championship races.

### 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>

### Sprint Event:

The 60m, 200m, 300m, and 400m will have a 1-minute time frame to get their blocks ready. A countdown clock will be visible at the start line to ensure all athletes are aware of the time limit.

### 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 linked on page 6.

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

## Seed Times:

Indoor 2024 (starting October 1, 2023), outdoor 2024 and current 2025 indoor performances appearing on the Athletics Canada rankings will automatically be accepted.

Outdoor performances must be converted for use as an indoor seed. Times will be converted to indoor times using the chart below (e.g., 0.5s added to outdoor 200m time; 1.1s added to outdoor 400m time). The fastest/top sections must have validated seeds or correctly converted performances. **Performances achieved in competitions that do not appear on Athletics Canada rankings will also be accepted on a case-by-case basis. Proof of performance (link to posted results) must be sent to Randolph Fajardo [randolphfajardo@athleticsontario.ca](mailto:randolphfajardo@athleticsontario.ca).**

If using converted times, please indicate where and when the performance was achieved when entering the seed into Trackie. Please also email this information to [randolphfajardo@athleticsontario.ca](mailto:randolphfajardo@athleticsontario.ca) to expedite seed validations. Any seeds that fail to produce validation of the performance will result in a NT. Seeds for field events do not need to be converted or verified. As a guide for coaches who need to decide which performance to submit for seeding purposes, please see the conversion chart on this page and the following page.

### Example:

Event	Category
1500m	U18
Seed <input checked="" type="checkbox"/> Verify Seed ?	Location / Date
4 : 38 . 00	Mile 5:01 CONV / <a href="https://athleticsontario.ca">https://athleticsontario.ca</a>

Use the conversion factors below. It is discouraged to convert more than once. For example, converting a 1500m performance to a 3000m performance requires two conversions, 1500m > 2000m > 3000.

Performances from similar events will be accepted and will be converted:

Event	Acceptable Alternatives for Seed Purposes
60m	50m indoors; 100m outdoors
150m	200m indoors; 200m outdoors
200m	150m or 300m indoors; 150m, 200m, or 300m outdoors
300m	200m or 400m indoors or outdoors
400m	300m or 600m indoors or outdoors
800m	600m or 1000m indoors or outdoors
1200m	800m, 1000m, 1500m indoors or outdoors
1500m	800m, 1200m, or 2000m indoors or outdoors
2000m	1500m or 3000m indoors or outdoors
3000m	2000m indoors or outdoors
60mh	50mh indoors or outdoors

Initially if using outdoor performances do the following operations:

<u>Outdoor Event</u>	<u>Convert Outdoor Time to Indoor</u>
150m	add 0.25s to outdoor time
200m	add 0.50s
300m	add 0.80s
400m	add 1.10s

... seed time and conversion regulations continue next page

800m	add 2.40s
1200m	add 3.50s
1500m	add 3.90s
2000m	add 4.58s
3000m	add 5.90s

Then do the following calculations:

Convert:

50m to 60m:
100m outdoors to 60m:
150 to 200m:
200m to 150m:
200m to 300m:
300m to 200m:
300m to 400m:
400m to 300m:
600m to 400m:
600m to 800m:
800m to 1200m:
800m to 1500m:
1000m to 800m:
1200m to 1500m:
1500m to 1200m:
1500m to 2000m:
2000m to 1500m:
2000m to 3000m:
3000m to 2000m:

Calculation:

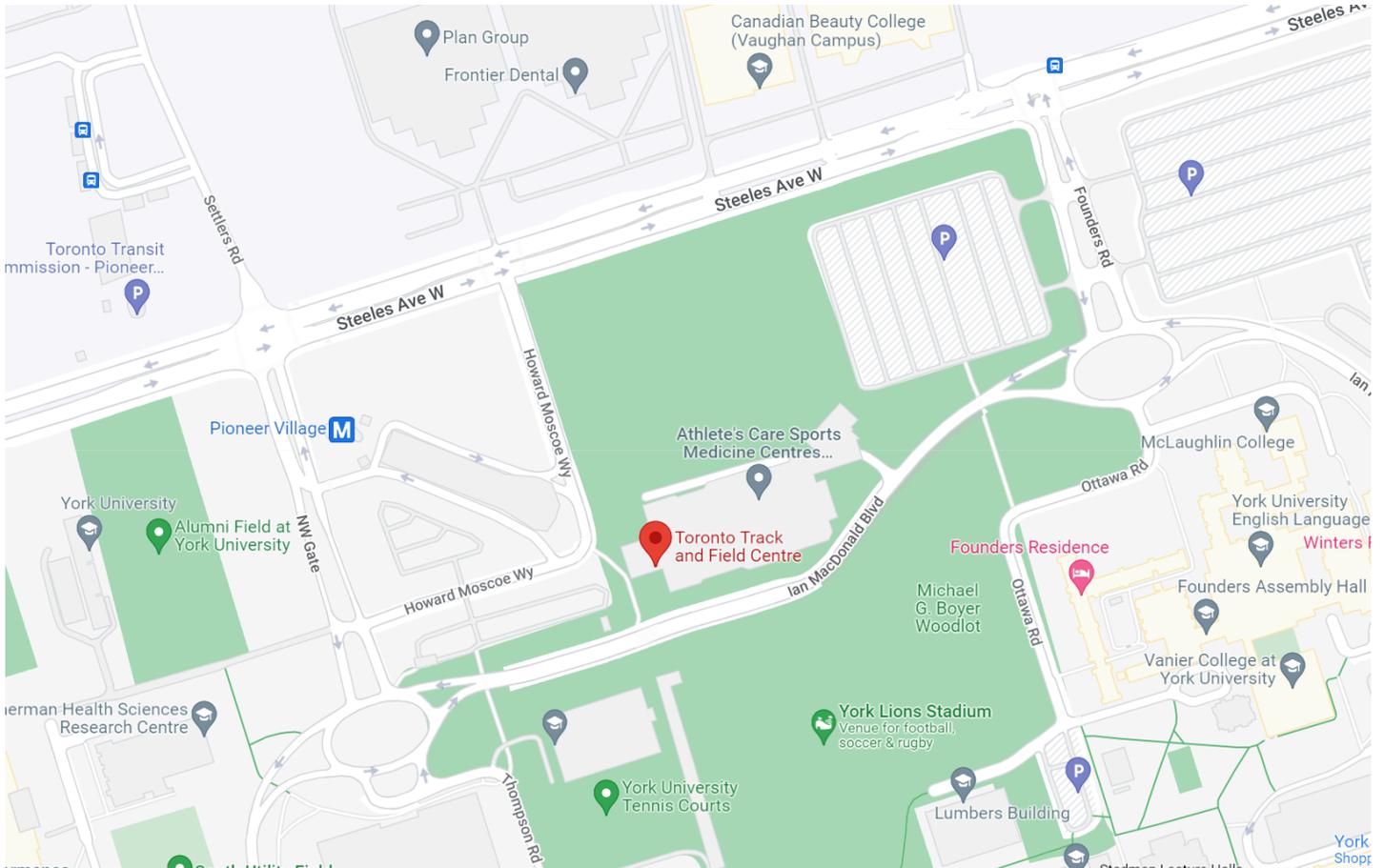
50m time x 1.158
100m time x 0.68
150m time x 1.369
200m time x 0.731
200m time x 1.597
300m time x 0.6261
300m time x 1.404
400m time x 0.713
600m time in sec. x 0.615
600m time in sec. x 1.435
800m time in sec. x 1.645
800m time in sec. x 2.0588
1000m time in sec. x 0.7654
1200m time in sec. x 1.2747
1500m time in sec. x 0.7845
1500m time in sec. x 1.3921
2000m time in sec. x 0.7183
2000m time in sec. x 1.5457
3000m time in sec. x 0.6470

**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](mailto:randolphfajardo@athleticsontario.ca)

Entries	John Gonos	<a href="mailto:operations@athleticsontario.ca">operations@athleticsontario.ca</a>
Volunteers		<a href="mailto:volunteer@athleticsontario.ca">volunteer@athleticsontario.ca</a>
Officials Coordinator	Kathryn Dertinger	<a href="mailto:aooavailability@gmail.com">aooavailability@gmail.com</a>
Facility Manager	Leteesha Goulding	<a href="mailto:leteesha.goulding@toronto.ca">leteesha.goulding@toronto.ca</a>

**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 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length.

Only athletes with bib numbers, coaches registered for the current competition year, officials and meet volunteers will be permitted into the fieldhouse. 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