



Presents

**Ontario U14 Indoor Championship &
Rising Stars Finale**

February 22, 2026

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

Technical Package

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Registration

Entry Deadline

Early Bird Deadline:	11:59pm EST, Thursday, February 5, 2026
Regular Deadline:	11:59pm EST, Thursday, February 12, 2026
Late Deadline:	10:00am EST, Monday, February 18, 2026

Divisions

U8	Born in 2019 or after
U10	Born in 2017 or after
U12	Born in 2015 or after
U14	Born in 2013 or after

Eligibility

There are no entry standards for this meet.

Athletes residing in Ontario that 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 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 Athletics Ontario 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

Early Bird Deadline Fees: Until February 5 @ 11:59pm EST	First Individual Event \$20 Second Individual Event \$15 Additional Individual Events \$10 \$20/relay or combined events
Regular Deadline Fees: Until February 12 @ 11:59pm EST	First Individual Event \$25 Second Individual Event \$20 Additional Individual Events \$15 \$25/relay or combined events
Late Deadline Fees: Until February 18 @ 11:59pm EST	\$30/event or relay

*All fees include HST.

Processing fees are added to the final entry fee. Trackie processing fees are non-refundable.
HST# 10400235RT

Method of Payment

Trackie Online: <https://www.trackie.com/event/2026-indoor-u14-and-rising-stars>. All individual event entry payments are made via Trackie.

Confirmation

Participants in each age division can be viewed on the Trackie. Please ensure that you or your athletes are checking the confirmation list on Trackie to ensure your entry was processed properly.

After the regular entry deadline, a printable pdf of entries and club rosters will be available on the live results page.

Please visit the Athletics Ontario List of Live Results Here:

<https://athleticsontario.anet.live/meet-list>

Post Entries

Entries received after this 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.

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-u14-championship-and-rising-stars>.

A revised schedule will be posted on the Saturday following the regular entry deadline. A final schedule will be posted on the Monday prior to the start of the championship.

Bibs and Packages

Bibs can be picked up at the Toronto Track and Field Centre starting at 7:30am on the day of the competition.

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 organized and placed on the start line by officials. Heat sheets will be posted by the start line area for each track event, so that athletes know what heat and lane they 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 Ontario finishers in each division. Ribbons for places 4th – 8th will also be awarded.

Non-Ontarian athletes will be eligible for medals. These non-Ontarian athletes will not offset medal placements for registered Ontario athletes (example: a non-Ontarian 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).

The awards podium will be set up behind the pole vault mats. A schedule for awards will be included in the final schedule of events and posted on the event website here: <https://www.athleticsontario.ca/events/ontario-indoor-u14-championship-and-rising-stars>.

An overall club banner will also be presented to the top scoring club after the competition is completed.

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.

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.
- Lockers are available to use for free in the change rooms.
- Bring your own lock and towel
- All competition and official working areas are always off limits to non-competitors. Spectators can view events from the gallery on the second floor of the facility. Parents of U8 and U10 athletes may come into the fieldhouse to guide their children to their event site(s) but must stay off the track and away from field events where the athletes are competing. Each athlete will receive one wristband that can be given to a parent to accompany the athlete into the fieldhouse.

Facility Regulations

Maximum spike length is 6mm except for high jump where 9mm is allowed. Spiked shoes may be checked at any time for spike length.

Only athletes with bib numbers, coaches registered for the current competition year, officials, meet volunteers, or parents with wrist bands 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

Please visit the Athletics Ontario List of Live Results Here:

<https://athleticsontario.anet.live/meet-list>

A downloadable PDF of the results will be posted on Monday, 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. Facebook page:

<https://www.facebook.com/Athletics-Ontario-135196239850966/?fref=ts>

Protests and Appeals

All protests and appeals must be made as outlined in WA rule 8. 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 a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeals to be brought forward. Appeals must be submitted with a \$25 fee. If the appeal is accepted the fee is returned. If the appeal is rejected after the Jury of Appeal reviews it, the \$25 fee is not returned.

Technical Details

Events Offered

50m/60m, 150m, 300m, 600m/800m, 1000m/1200m, 2000m, 400mRW/800mRW, 60mH, 4x200m, 4x800m, High Jump, Long Jump, Show Put, Tetrathlon

Championship Rules

- World Athletics Rules, with Athletics Ontario variations.
- Track events will run slowest to fastest.
- In simultaneous events, straightaway events take precedence over the oval, the oval events take precedence over the field events. Athletes must inform officials of the conflicting events. Officials will not hold up events to accommodate individual athletes, but may rejoin a field event, if doing so doesn't interfere with its progress.
- For all events, age groups and genders may be combined, when the number of competitors make it convenient to do so.
- Relay teams may be club teams from different clubs (mixed club teams). They may be a combination of age groups but not genders and must compete in the age group of their oldest member.
 - o Mixed club teams do not receive club points for the overall club banners.

Scoring

The top 6 athletes in each event will score for their Club:

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

Lanes, heats, and sections will be assigned according to the rules of WA/AC/AO.

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

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.

	<u>Girls</u>				<u>Boys</u>			
	U8	U10	U12	U14	U8	U10	U12	U14
Shot	Softball	2.00kg	2.72kg	3.00kg	Softball	2.00kg	2.72kg	3.00kg
Put	(Est 7oz)				(Est 7oz)			

Hurdle Specifications

	Distance (m)	Height (m)	Start to 1 st Hurdle (m)	Distance Between
Girls				
U10	60	0.457	12.00	7.00
U12	60	0.610	12.00	7.00
U14	60	0.762	12.00	7.50
Boys				
U10	60	0.457	12.00	7.00
U12	60	0.610	12.00	7.00
U14	60	0.762	12.00	7.50

General Information

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. A map of parking lots can be found on the last page of this document.

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
Officials Coordinator	Kathryn Dertinger	aooavailability@gmail.com
Facility Manager	Karen Halovanic	karen.halovanic@toronto.ca

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

Hotels

There are plenty hotel options around the Toronto Track and Field Centre. Local hotels around the facility are about a 5 – 15-minute drive or 25 – 45-minutes via public transit. See below for some hotel recommendations.

Downtown Hotel Recommendations



145 Richmond Street West, Concord, ON L4K 5P7
Ph#: +1 416-869-3456 [Website](#)

- 10-minutes from Toronto Track and Field Centre



50 Norfinch Drive, Toronto, ON M3N 1X1

Ph#: +1 416-663-9500 [Website](#)

- 15-minutes from Toronto Track and Field Centre



30 Norfinch Drive, Toronto, ON M3N 1X1

Ph#: +1 416-665-3500 [Website](#)

- 15-minutes from Toronto Track and Field Centre

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