



## 2026 Flying Angels Indoor Championships

Toronto Track & Field Centre, York University,  
231 Ian MacDonald Blvd, Toronto, ON M3J 3L9  
Saturday, February 14, 2026

### TECHNICAL PACKAGE

|                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sanctioned By</b>            | Athletics Ontario and Minor Track Association (Ontario)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Eligibility</b>              | All athletes are eligible to compete regardless of whether they are affiliated with a track club or a provincial association.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Registration</b>             | Online Registration is through trackie.com using the following link:<br><br><a href="https://trackie.com/event/2026FlyingAngelsIndoorChampionships">https://trackie.com/event/2026FlyingAngelsIndoorChampionships</a>                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Entry Fee &amp; Deadline</b> | <b>Regular Entry Deadline</b><br>Monday, February 9, 2026 @ 11:59 pm<br><br><u>Regular Entry Fee</u><br>\$20 per individual event / \$20 per relay<br><br><b>Late Entry Deadline</b><br>Wednesday, February 11, 2026 @ 11:59 pm<br><br><u>Late Entry Fee</u><br>\$30 per individual event / \$30 per relay<br><br><b>No entries accepted after the Late Entry deadline</b>                                                                                                                                                                                                                                                                              |
| <b>Enquiries</b>                | track@flyingangels.ca                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Events Offered</b>           | <b>U9 (Born in 2018 &amp; 2019)</b><br>100m, 200m, 400m, 800m, Long Jump, Shot Put, 4x200 Relay<br><br><b>U11 (Born 2016 &amp; 2017)</b><br>100m, 200m, 400m, 800m, 1200m, Long Jump, Shot Put, 4x200 Relay<br><br><b>U13 (Born 2014 &amp; 2015)</b><br>100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x200 Relay<br><br><b>U15 (Born 2012 &amp; 2013)</b><br>100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x200 Relay<br><br><b>U18 (Born 2010-2011)</b><br>100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x200 Relay<br><br><b>Open (Born 2008 &amp; Older)</b><br>100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x200 Relay |
| <b>Relay-Only Athletes</b>      | The names of all possible runners must be included with the entries, including athletes who are only competing in relay events. This will allow the athletes to receive a competition number and wristband to enter the facility.                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Results</b>                  | Live results will be available at <b>Athletics.net</b> during the meet and at <b>www.trackie.com</b> at the completion of the meet                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Facility Rules</b>           | Only officials, volunteers, coaches, and competitors are permitted into the Field House. Parents and supporters must watch the meet from the spectator gallery upstairs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Packet Pickup</b>               | Coaches or a designated person from your team must pick up the team packet in the Hospitality Room upstairs. The coach or designate must pick up the entire packet. They may leave their cell phone number for their athletes to contact them for their bibs.                                                                                                                                                                                                                                                                                                                           |
| <b>Competition Area Admission</b>  | Entry to the Fieldhouse is by wristband only. Wristbands for athletes and coaches are included in the team's packet.                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Schedule</b>                    | <p>A copy of the <u>TENTATIVE</u> schedule is attached.</p> <p>The <u>FINAL</u> schedule will be posted and emailed to teams after the final entry deadline.</p> <p>Even though the event start times are listed, the meet is running on a rolling schedule. This means each event will start at the conclusion of the previous event.</p>                                                                                                                                                                                                                                              |
| <b>Athlete Check-In Procedure</b>  | <p>Athletes must check in for all track events at the Clerking Tent located at the Southeast corner of the Fieldhouse.</p> <p>Athletes should check in to their field events at the event area when called.</p> <p>Check in for all events will be announced over the P.A. system. No provisions will be made for athletes who missed their events after it has been called.</p>                                                                                                                                                                                                        |
| <b>Spectators</b>                  | Spectators are not allowed in the Fieldhouse. They must watch the meet from the spectator gallery upstairs. There is a \$5 charge for spectators.                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Awards</b>                      | <p>Medals are presented to the first three finishers in each event.</p> <p>The top three finishers should make their way to the awards podium after the conclusion of their event.</p> <p>The top three teams that score the most points in the meet will receive a trophy</p> <p>The athletes with the most points in each division will receive a trophy</p>                                                                                                                                                                                                                          |
| <b>False Start Rule</b>            | <p>In the U9, U11, U13, and U15 divisions, one false start is charged to the field, and all further false starts will result in the disqualification of the athlete making the false start</p> <p>Athletes in the U18 &amp; Open divisions will be disqualified from the event if they commit a false start.</p>                                                                                                                                                                                                                                                                        |
| <b>Advancement to Finals (60m)</b> | <p>The top 8 times from the qualifying round of the 60m Dash will advance to the Finals.</p> <p>Divisions where 8 or fewer athletes have <u>checked in</u> during the qualifying round will run that round as the Finals.</p>                                                                                                                                                                                                                                                                                                                                                           |
| <b>Simultaneous Events</b>         | <p>There is no special provision made for athletes who are competing in two or more events simultaneously.</p> <p>Athletes do not get any additional time to "find their mark" if they arrive at the event after the time allotted for athletes to warm up.</p> <p>Athletes will not get any additional attempts to make up for the rounds they missed.</p> <p>Athletes must join the event at the round being contested upon their arrival at the event.</p>                                                                                                                           |
| <b>Long Jump</b>                   | <p>The U9 division athletes will jump from a "board" that is marked with duct tape 1m from the long jump pit.</p> <p>The measurement will be taken from the end of the "board" to the spot where the athlete lands.</p> <p>Athletes who step over the "board" will be assessed a fault.</p> <p>All other athletes must jump from the designated take-off board.</p> <p>If there are more than 12 jumpers in the U9, U11, U13, and U15 divisions, then each competitor will get two (2) jumps in the preliminary round and then the top 8 jumpers will get two (2) additional jumps.</p> |



## Tentative Competition Schedule

### FLYING ANGELS INDOOR CHAMPIONSHIPS

Saturday, February 14, 2026

#### TRACK EVENTS

| 9:00 AM - Morning Session |        |             |        |                              |
|---------------------------|--------|-------------|--------|------------------------------|
| TIME                      | EVENT  | ROUND       | GENDER | DIVISION                     |
| 09:00 AM                  | 1200m  | Timed Final | Female | U11                          |
|                           | 1200m  | Timed Final | Male   | U11                          |
| 9:15 AM                   | 1500m  | Timed Final | Female | U13, U15, U18, Open          |
|                           | 1500m  | Timed Final | Male   | U13, U15, U18, Open          |
| 10:30 AM                  | 60m    | Heats       | Female | U9, U11, U13, U15, U18, Open |
|                           | 60m    | Heats       | Male   | U9, U11, U13, U15, U18, Open |
| 11:45 AM                  | 400m   | Timed Final | Female | U9, U11, U13, U15, U18, Open |
|                           | 400m   | Timed Final | Male   | U9, U11, U13, U15, U18, Open |
| 1:30 PM                   | 60m    | Finals      | Female | U9, U11, U13, U15, U18, Open |
|                           | 60m    | Finals      | Male   | U9, U11, U13, U15, U18, Open |
| 2:00 PM                   | 800m   | Timed Final | Female | U9, U11, U13, U15, U18, Open |
|                           | 800m   | Timed Final | Male   | U9, U11, U13, U15, U18, Open |
| 3:30 PM                   | 200m   | Timed Final | Female | U9, U11, U13, U15, U18, Open |
|                           | 200m   | Timed Final | Male   | U9, U11, U13, U15, U18, Open |
| 4:30 PM                   | 4x200m | Timed Final | Female | U9, U11, U13, U15, U18, Open |
|                           | 4x200m | Timed Final | Male   | U9, U11, U13, U15, U18, Open |

- Some field events divisions may be combined if there are 8 or fewer athletes registered for the event.
- This is a Rolling Schedule. Events will begin at the conclusion of the previous event.

# Tentative Competition Schedule



## FLYING ANGELS INDOOR CHAMPIONSHIPS

Saturday, February 14, 2026

### FIELD EVENTS

| 9:00 AM - Morning Session |                                         |                                        |                                       |                                       |
|---------------------------|-----------------------------------------|----------------------------------------|---------------------------------------|---------------------------------------|
| TIME                      | Vertical Jump                           | Horizontal Jumps (Pit 1)               | Horizontal Jumps (Pit 2)              | Throws                                |
| 9:00                      | <b>High Jump</b><br>U11 Girls<br>9:00   | <b>Long Jump</b><br>Open Women<br>9:00 | <b>Long Jump</b><br>Open Men<br>9:00  | <b>Shot Put</b><br>U9 Boys<br>9:00    |
| 9:15                      |                                         |                                        |                                       |                                       |
| 9:30                      |                                         |                                        |                                       |                                       |
| 9:45                      | <b>High Jump</b><br>U13 Girls<br>9:45   |                                        |                                       | <b>Shot Put</b><br>U11 Boys<br>9:45   |
| 10:00                     |                                         |                                        |                                       |                                       |
| 10:15                     |                                         |                                        |                                       |                                       |
| 10:30                     | <b>High Jump</b><br>U15 Girls<br>10:30  | <b>Long Jump</b><br>U18 Girls<br>10:30 | <b>Long Jump</b><br>U18 Boys<br>10:30 | <b>Shot Put</b><br>U13 Boys<br>10:30  |
| 10:45                     |                                         |                                        |                                       |                                       |
| 11:00                     |                                         |                                        |                                       |                                       |
| 11:15                     | <b>High Jump</b><br>U18 Girls<br>11:15  |                                        |                                       | <b>Shot Put</b><br>U15 Boys<br>11:15  |
| 11:30                     |                                         |                                        |                                       |                                       |
| 11:45                     |                                         |                                        |                                       |                                       |
| 12:00                     | <b>High Jump</b><br>Open Women<br>12:00 | <b>Long Jump</b><br>U15 Girls<br>12:00 | <b>Long Jump</b><br>U15 Boys<br>12:00 | <b>Shot Put</b><br>U18 Boys<br>12:00  |
| 12:15                     |                                         |                                        |                                       |                                       |
| 12:30                     |                                         |                                        |                                       |                                       |
| 12:45                     | <b>High Jump</b><br>U11 Boys<br>12:45   |                                        |                                       | <b>Shot Put</b><br>Open Men<br>12:45  |
| 1:00                      |                                         |                                        |                                       |                                       |
| 1:15                      |                                         |                                        |                                       |                                       |
| 1:30                      | <b>High Jump</b><br>U13 Boys<br>1:30    | <b>Long Jump</b><br>U13 Girls<br>1:30  | <b>Long Jump</b><br>U13 Boys<br>1:30  | <b>Shot Put</b><br>U9 Girls<br>1:30   |
| 1:45                      |                                         |                                        |                                       |                                       |
| 2:00                      |                                         |                                        |                                       |                                       |
| 2:15                      | <b>High Jump</b><br>U15 Boys<br>2:15    |                                        |                                       | <b>Shot Put</b><br>U11 Girls<br>2:15  |
| 2:30                      |                                         |                                        |                                       |                                       |
| 2:45                      |                                         |                                        |                                       |                                       |
| 3:00                      | <b>High Jump</b><br>U18 Boys<br>3:00    | <b>Long Jump</b><br>U11 Girls<br>3:00  | <b>Long Jump</b><br>U11 Boys<br>3:00  | <b>Shot Put</b><br>U13 Girls<br>3:00  |
| 3:15                      |                                         |                                        |                                       |                                       |
| 3:30                      |                                         |                                        |                                       |                                       |
| 3:45                      | <b>High Jump</b><br>Open Men<br>3:45    |                                        |                                       | <b>Shot Put</b><br>U15 Girls<br>3:45  |
| 4:00                      |                                         |                                        |                                       |                                       |
| 4:15                      |                                         |                                        |                                       |                                       |
| 4:30                      |                                         | <b>Long Jump</b><br>U9 Girls<br>4:30   | <b>Long Jump</b><br>U9 Boys<br>4:30   | <b>Shot Put</b><br>U18 Girls<br>4:30  |
| 4:45                      |                                         |                                        |                                       |                                       |
| 5:00                      |                                         |                                        |                                       |                                       |
| 5:15                      |                                         |                                        |                                       | <b>Shot Put</b><br>Open Women<br>5:15 |
| 5:30                      |                                         |                                        |                                       |                                       |
| 5:45                      |                                         |                                        |                                       |                                       |

- Some field events divisions may be combined if there are 8 or fewer athletes registered for the event.
- This is a Rolling Schedule. Events will begin at the conclusion of the previous event.

SANCTIONED AND REQUIRED BY:

**ATHLETICS ONTARIO**

**RELEASE, WAIVER AND INDEMNITY**

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the  
2026 Flying Angels Indoor Championships

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

Flying Angels Community Services  
Athletics Ontario  
City of Toronto  
Earl Letford

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 of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor 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 those 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, parent or guardian or Power of Attorney to sign below.)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature of Legal Guardian