



FINAL Competition Schedule

For live results and splits visit: <https://athleticsontario.anet.live/meets/59321>

Ontario U16, U18, U20, Senior Indoor Combined Events Championships & Winter Mini Meet 3 Saturday, March 28, 2026 Sections will run Fast to Slow				
Time	Event	Round	Gender	Age Group (# of athletes)
10:00	60m Hurdles 0.914m – 13.72 – 9.14	Pentathlon	Boys	U18 (3)
10:05	60m	Heptathlon	Men	U20 (2) & Senior (2)
11:00	60m Hurdles 0.840m – 13.00 – 8.50	Tetrathlon	Boys	U16 (3)
TBD	200m	Tetrathlon	Boys	U16
TBD	1000m	Pentathlon	Men	U18

Field	Vertical Jumps	Horizontal Jumps	Throws
10:00			
10:15		Warmup	
10:30			
10:45		Combined Events - Long Jump	
11:00		U18, U20, Senior Men (7)	
11:15		Est. 10:45	Warmup
11:30			
11:45			Combined Events - Shot Put
12:00			U16, U18, U20, Senior Men (10)
12:15			Est. 11:45
12:30			
12:45	Warmup		
1:00			
1:15	Combined Events - High Jump		
1:30	U16, U18, U20, Senior Men (10)		
1:45	Est. 1:15		
2:00			
2:15			
2:30			

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Premier Partner



Partners & Suppliers





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Ontario U16, U18, U20, Senior Indoor Combined Events Championships & Winter Mini Meet 3 Sunday, March 29, 2026 Sections will run Fast to Slow Track events may run up to 30min ahead of schedule				
Time	Event	Round	Gender	Age Group (# of athletes)
	Facility Opens at 8:30am			
10:00	100m Hurdles	Prelims	Women (1) & Men	Masters, All Comers
	80mH	Prelims	Women & Men	Masters, All Comers
10:10	60m Hurdles	Prelims	Women (3) & Men (3)	Masters, All Comers
10:15	60m Hurdles 0.840m – 13.00 – 8.50	Pentathlon	Women	U20 (4) & Senior (1)
10:20	60m Hurdles 0.762m – 13.00 – 8.50	Pentathlon	Girls	U18 (3)
10:25	60m Hurdles 0.762m – 12.00 – 8.00	Tetrathlon	Girls	U16 (4)
10:30	60m	Prelims	Women (16) & Men (36)	Masters, All Comers
11:00	100m	Prelims	Women (5) & Men (13)	Masters, All Comers
11:30	100m Hurdles	Final	Women & Men	Masters, All Comers
	80mH	Final	Women & Men	Masters, All Comers
11:35	60m Hurdles	Final	Women & Men	Masters, All Comers
11:45	60m	Final	Women & Men	Masters, All Comers
12:10	100m	Final	Women & Men	Masters, All Comers
12:15	60m Hurdles 0.990m – 13.72 – 9.14	Heptathlon	Men	U20 (2)
12:15	60m Hurdles 1.067m – 13.72 – 9.14	Heptathlon	Men	Senior (2)
1:00	800m	Timed Final	Women (6) & Men (12)	Masters, All Comers
1:15	200m	Timed Final	Women (16) & Men (26)	Masters, All Comers
1:40	400m	Timed Final	Women (3) & Men (12)	Masters, All Comers
1:55	Mile	Timed Final	Women (5) & Men (6)	Masters, All Comers
2:05	3000m Race Walk	Timed Final	Women (1) & Men (1)	Masters, All Comers
2:15	**4x800m	Timed Final	Women & Men	Masters, All Comers
Est. 2:20	200m	Tetrathlon	Girls	U16 (4)
Est. 3:15	1000m	Heptathlon	Men	U20 (2) – Senior (2)
Est. 3:30	800m	Pentathlon	Women	U18, U20, Senior (8)

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4x800m relay cards must be submitted no later than 1:00pm

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Ontario U16, U18, U20, Senior Indoor Combined Events Championships & Winter Mini Meet 3 Sunday, March 29, 2026				
Field	Vertical Jumps	Vertical Jumps	Horizontal Jumps	Throws
	Facility Opens at 8:30am			
8:30				
8:45				
9:00		Warmup		Warmup
9:15				
9:30		High Jump		Weight Throw
9:45		Women (0) & Men (9)		Women (2) & Men (4)
10:00		9:30am		9:30am
10:15	Warmup			
10:30		Warmup		Warmup
10:45				
11:00	Pole Vault	CE - High Jump		Shot Put
11:15	Women (1) & Men (1)	All Women (12)		Women (2) & Men (7)
11:30	11:00am	Est. 11:00		11:00am
11:45				
12:00				
12:15				
12:30	Warmup		Warmup	
12:45				Warmup
1:00			Long Jump	
1:15	CE - Pole Vault		Women (4) & Men (6)	CE - Shot Put
1:30	U20 & Senior Men (4)		1:00pm	All Women (12)
1:45	Est. 1:15			Est. 1:15
2:00			Warmup	
2:15				
2:30			CE - Long Jump	
2:45			U18, U20, Senior Women (8)	
3:00			Est. 2:30	
3:15				

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Revised: 27 March 2026