



# FINAL Competition Schedule

For live results and splits times visit: <https://athleticsontario.anet.live/meets/59627>

| Track                                      | Ontario U16 & U20 Indoor Track & Field Championships     |              |                  |               |            |
|--|--|--------------|------------------|---------------|------------|
|  | Saturday, March 21                                       |              |                  |               |            |
|  | Sections will run from SLOW to FAST                      |              |                  |               |            |
|  | Morning oval and straight away will occur simultaneously |              |                  |               |            |
| FACILITY OPENS TO TRACK ATHLETES AT 7:30AM |  |              |                  |               |            |
| Time                                       | Event  | Round        | Age Group        | # of athletes | # of heats |
| 9:15                                       | 60m Hurdles 0.762m – 12 – 8.0                            | *Prelims     | U16 Girls        | 9             | 2          |
| 9:26                                       | 60m Hurdles 0.840m – 13 – 8.5                            | *Prelims     | U20 Women        | 16            | 2          |
| 9:34                                       | 60m Hurdles 0.840m – 13 – 8.5                            | *Final       | U16 Boys         | 3             | 1          |
| 9:41                                       | 60m Hurdles 0.990m – 13.72 – 9.14                        | *Prelims     | U20 Men          | 13            | 2          |
| 9:55                                       | 60m  | *Prelims     | U16 Girls        | 47            | 6          |
| 10:15                                      | 60m  | *Prelims     | U20 Women        | 57            | 8          |
| 10:45                                      | 60m  | *Prelims     | U16 Boys         | 22            | 3          |
| 10:55                                      | 60m  | *Prelims     | U20 Men          | 69            | 9          |
| 11:30                                      | 60m Hurdles 0.762m – 12 – 8                              | *Finals      | U16 Girls        | 8             | 1          |
| 11:37                                      | 60m Hurdles 0.840m – 13 – 8.5                            | *Finals      | U20 Women        | 8             | 1          |
| 11:41                                      | 60m Hurdles 0.840m – 13 – 8.5                            | *Extra Run   | U16 Boys         | 3             | 1          |
| 11:48                                      | 60m Hurdles 0.990m – 13.72 – 9.14                        | *Finals      | U20 Men          | 8             | 1          |
|  | <b>Track Break</b>                                       |              |                  |               |            |
| 1:00                                       | 1500m Race Walk  | Timed Finals | U16 Girls – Boys | 3 + 1         | 1          |
| 1:15                                       | 1500m  | Timed Finals | U20 Women        | 28            | 3          |
| 1:40                                       | 1500m  | Timed Finals | U20 Men          | 46            | 4          |
| 2:10                                       | 1200m  | Timed Finals | U16 Girls        | 24            | 2          |
| 2:25                                       | 1200m  | Timed Finals | U16 Boys         | 40            | 4          |
| 2:55                                       | 300m   | Timed Finals | U16 Girls        | 45            | 9          |
| 3:30                                       | 300m   | Timed Finals | U16 Boys         | 15            | 3          |
| 4:05                                       | 400m   | Timed Finals | U20 Women        | 31            | 7          |
| 4:30                                       | 400m   | Timed Finals | U20 Men          | 44            | 9          |

World Athletics Rule 4.4: Failure to Participate will be under effect at this championship. Athletes that fail to participate at an event that they are registered for will be excluded from further events. Please ensure athlete scratches are submitted prior to events being seeded to ensure their other events are not affected (if participating in more than one event). Saturday events will be seeded and posted on Friday night on the live results. Sunday events will be seeded and posted on Saturday night on the live results.

\* For a full breakdown of the qualification formulas, please review the technical package found on the championship website: <https://athleticsontario.ca/event/ontario-indoor-u16-u20-athletics-championships/> \*

### Coaches & Associates Passes:

Coaches and associates who would like access to the fieldhouse at the Toronto Track & Field Centre for the Ontario U16 & U20 Indoor Track & Field Championship must be registered with Athletics Ontario for the 2026 membership year – and be in good standing (“ISSUED”), which includes NCCP Safe Sport, Respect in Sport and their criminal records check.

- Register [HERE](#) by 10 a.m. on Friday, March 20, 2026.
- Additional information can be found on our [championship website](#).

Premier Partner



Partners & Suppliers





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| Field                                      | Ontario U16 & U20 Indoor Track & Field Championships<br>Saturday, March 21 |  |  |   |
|--|--|--|--|---|
| FACILITY OPENS TO FIELD ATHLETES AT 7:30AM |  |  |  |   |
| Time                                       | Vertical Jumps   | Horizontals: Pit 1                                   | Horizontals: Pit 2                     | Throws  |
| 8:00                                       |  |  |  |   |
| 8:15                                       |  |  |  |   |
| 8:30                                       |  |  |  |   |
| 8:45                                       | Warmup   |  |  |   |
| 9:00                                       |  |  |  | Warmup  |
| 9:15                                       | <b>High Jump</b><br>U16 Boys (6)<br>9:15                                   |  |  | <b>Weight Throw</b><br>U16 Girls (4)<br>U20 Women (4)<br>9:30 |
| 9:30                                       |  |  |  |   |
| 9:45                                       |  |  |  |   |
| 10:00                                      |  |  |  |   |
| 10:15                                      |  |  |  |   |
| 10:30                                      |  |  |  |   |
| 10:45                                      |  |  |  |   |
| 11:00                                      |  |  |  |   |
| 11:15                                      |  | Warmup   | Warmup                                 | Warmup  |
| 11:30                                      | Warmup   |  |  |   |
| 11:45                                      |  | <b>Long Jump</b><br>U16 Girls (19)<br>Pit 1<br>11:45 | <b>Long Jump</b><br>U16 Girls<br>Pit 2 | <b>Shot Put</b><br>U16 Girls (8)<br>U20 Women (5)<br>11:45    |
| 12:00                                      | <b>High Jump</b><br>U20 Men (7)<br>12:00                                   |  |  |   |
| 12:15                                      |  |  |  |   |
| 12:30                                      |  |  |  |   |
| 12:45                                      |  |  |  |   |
| 1:00                                       |  |  |  |   |
| 1:15                                       |  | Warmup   | Warmup                                 |   |
| 1:30                                       |  |  |  |   |
| 1:45                                       |  | <b>Long Jump</b><br>U20 Women (26)<br>Pit 1<br>1:45  | <b>Long Jump</b><br>U20 Women<br>Pit 2 |   |
| 2:00                                       |  |  |  |   |
| 2:15                                       | Warmup   |  |  |   |
| 2:30                                       |  |  |  |   |
| 2:45                                       |  |  |  |   |
| 3:00                                       | <b>Pole Vault</b><br>U16 Girls (3)<br>U20 Women (13)<br>3:00               |  | Warmup                                 |   |
| 3:15                                       |  |  |  |   |
| 3:30                                       |  |  |  | <b>Triple Jump</b><br>U20 Men (8)<br>3:30                     |
| 3:45                                       |  |  |  |   |
| 4:00                                       |  |  |  | Warmup  |
| 4:15                                       |  |  |  |   |
| 4:30                                       |  |  |  |   |
| 4:45                                       |  |  |  | <b>Triple Jump</b><br>U16 Boys (6)<br>4:45                    |
| 5:00                                       |  |  |  |   |
| 5:15                                       |  |  |  |   |
| 5:30                                       |  |  |  |   |

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# FINAL Competition Schedule

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| Track                                      | Ontario U16 & U20 Indoor Track & Field Championships<br>Sunday, March 22<br>Sections will run from SLOW to FAST<br>Oval and straight away may occur simultaneously |              |           |               |            |
|--|--|--------------|-----------|---------------|------------|
| FACILITY OPENS TO TRACK ATHLETES AT 7:30AM |  |              |           |               |            |
| Time                                       | Event  | Round        | Age Group | # of athletes | # of heats |
| 9:00                                       | 60m  | Semi-Finals  | U16 Girls | 24            | 3          |
| 9:12                                       | 60m  | Semi-Finals  | U20 Women | 24            | 3          |
| 9:24                                       | 60m  | Semi-Finals  | U16 Boys  | 16            | 2          |
| 9:32                                       | 60m  | Semi-Finals  | U20 Men   | 24            | 3          |
| 9:50                                       | 2000m  | Timed Finals | U16 Girls | 16            | 2          |
| 10:10                                      | 2000m  | Timed Finals | U16 Boys  | 32            | 3          |
| 10:40                                      | 60m  | Finals       | U16 Girls | 8             | 1          |
| 10:45                                      | 60m  | Finals       | U20 Women | 8             | 1          |
| 10:50                                      | 60m  | Finals       | U16 Boys  | 8             | 1          |
| 10:55                                      | 60m  | Finals       | U20 Men   | 8             | 1          |
| 11:05                                      | 3000m  | Timed Finals | U20 Women | 16            | 2          |
| 11:35                                      | 3000m  | Timed Finals | U20 Men   | 23            | 2          |
|  | <b>Track Break</b>   |              |           |               |            |
| 12:40                                      | 200m   | Timed Finals | U16 Girls | 58            | 12         |
| 1:30                                       | 200m   | Timed Finals | U20 Women | 21            | 5          |
| 1:55                                       | 200m   | Timed Finals | U16 Boys  | 59            | 13         |
| 2:45                                       | 200m   | Timed Finals | U20 Men   | 72            | 16         |
| 3:45                                       | 800m   | Timed Finals | U16 Girls | 37            | 6          |
| 4:10                                       | 800m   | Timed Finals | U16 Boys  | 37            | 6          |
| 4:35                                       | 800m   | Timed Finals | U20 Women | 43            | 7          |
| 5:10                                       | 800m   | Timed Finals | U20 Men   | 51            | 9          |

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| Field                                      | Ontario U16 & U20 Indoor Track & Field Championships<br>Sunday, March 22 |                   |                    |                     |
|--|--|-------------------|--------------------|---------------------|
| FACILITY OPENS TO FIELD ATHLETES AT 7:30AM |  |                   |                    |                     |
| Time                                       | Vertical Jumps   | Horizontal: Pit 1 | Horizontal: Pit 2  | Throws              |
| 8:00                                       |  |                   |                    |                     |
| 8:15                                       |  |                   |                    |                     |
| 8:30                                       | Warmup   |                   |                    | Warmup              |
| 8:45                                       |  |                   |                    |                     |
| 9:00                                       | <b>High Jump</b>   |                   |                    | <b>Weight Throw</b> |
| 9:15                                       | U16 Girls (8)  |                   |                    | U16 Boys (1)        |
| 9:30                                       | 9:00   |                   |                    | U20 Men (8)         |
| 9:45                                       |  |                   |                    | 9:00                |
| 10:00                                      |  |                   |                    |                     |
| 10:15                                      |  |                   |                    |                     |
| 10:30                                      | Warmup   |                   |                    |                     |
| 10:45                                      |  |                   |                    | Warmup              |
| 11:00                                      | <b>High Jump</b>   | Warmup            |                    |                     |
| 11:15                                      | U20 Women (9)  |                   |                    | <b>Shot Put</b>     |
| 11:30                                      | 11:00  | <b>Long Jump</b>  |                    | U16 Boys (3)        |
| 11:45                                      |  | U16 Boys (8)      |                    | U20 Men (11)        |
| 12:00                                      |  | 11:30             |                    | 11:15               |
| 12:15                                      |  |                   |                    |                     |
| 12:30                                      |  |                   |                    |                     |
| 12:45                                      |  |                   |                    |                     |
| 1:00                                       | Warmup   | Warmup            |                    |                     |
| 1:15                                       |  |                   |                    |                     |
| 1:30                                       |  | <b>Long Jump</b>  |                    |                     |
| 1:45                                       | <b>Pole Vault</b>  | U20 Men (12)      |                    |                     |
| 2:00                                       | U16 Boys (1)   | 1:30              |                    |                     |
| 2:15                                       | U20 Men (12)   |                   |                    |                     |
| 2:30                                       | 1:45   |                   |                    |                     |
| 2:45                                       |  |                   | Warmup             |                     |
| 3:00                                       |  |                   |                    |                     |
| 3:15                                       |  |                   | <b>Triple Jump</b> |                     |
| 3:30                                       |  |                   | U20 Women (11)     |                     |
| 3:45                                       |  |                   | 3:15               |                     |
| 4:00                                       |  |                   |                    |                     |
| 4:15                                       |  |                   | Warmup             |                     |
| 4:30                                       |  |                   |                    |                     |
| 4:45                                       |  |                   | <b>Triple Jump</b> |                     |
| 5:00                                       |  |                   | U16 Girls (10)     |                     |
| 5:15                                       |  |                   | 4:45               |                     |
| 5:30                                       |  |                   |                    |                     |

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