



FLYING ANGELS ONTARIO CHALLENGE

Saturday, February 22, 2025

Location	Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 3L9
Sanctioned by	Athletics Ontario
Hosted by	Flying Angels Track Club
In Partnership with	International Youth Track & Field
Facility	Banked 5-lane, 200m Conica (Sportica M) Surface Separate 8-lane, 60m sprint strip outside the oval track. Long Jump and Pole Vault surfaces are Sportica M.
Registration Form	Online Registration is through trackiereg.com using the following link: www.Trackie.com/Event/2025FlyingAngelsOntarioChallenge
Regular Entry Deadline	Monday, February 17, 2025 @ 11:59 pm \$15 per individual event; \$20 per relay
Late Entry Deadline	Wednesday, February 19, 2025 @ 11:59 pm \$30 per individual event; \$30 per relay
Enquiries	track@flyingangels.ca
Athlete Eligibility	Athletes don't need to be a member of an association or a club to participate in this meet Athletes may represent their club, school, or community Athletes may also participate as an unattached athlete
Age Divisions & Events	U10 (Born 2016 & Younger) 60m, 200m, 400m, 800m, 1200m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200 U12 (Born 2014 & 2015) 60m, 200m, 400m, 800m, 1500m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200 U14 (Born 2012 & 2013) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200 U16 (Born 2010 & 2011) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200 U18 (Born 2008 & 2009) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200 U20 (Born 2006 & 2007) 60m, 200m, 400m, 800m, 1500m, 2000m, 60m Hurdles, Long Jump, High Jump, Shot Put, 4x200
Age Group Note	The athlete's age on December 31, 2025 , determines his/her division.
Relay-Only Athletes	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.
Packet Pickup	Coaches must pick up their team packet in the Hospitality room upstairs. Coach wristbands will be in the team packages.
Facility Rules	Only officials, volunteers, coaches, and competitors are permitted into the Field House. Parents and supporters must view the track meet from the spectator gallery upstairs. Street shoes or boots are not allowed into the Field House.
Meet Admission	Entry to the Field House is by wristband only. Wristbands for athletes and coaches are included in the team's packet.
Spectators	All spectators must watch the meet from the upstairs viewing gallery. There is a \$5 daily charge for all spectators ages 12 years old & up
Schedule	A copy of the schedule is attached. The track meet will operate on a rolling schedule. Each event will start after the completion of the previous one.
Results	Results will be posted at www.trackie.com and www.athletic.net after the meet

False Start Rule	The meet will follow the World Athletics rules regarding false starts except in the U14 and younger age groups where the first false start will be charged to the field. Any subsequent false start will result in that athlete's disqualification.
Advancement to Finals	The top 8 times from the qualifying round of the 60m Dash will advance to the Finals.
Simultaneous Events	Athletes competing in two or more events must check in to each field event before the start of the event and inform the official that they are competing in two or more events simultaneously. Athletes should complete their jumps/throws during the allotted time for the event. Athletes will not get to complete their attempts after the event is finished for the age group. The bar in the High Jump doesn't get lowered for an athlete who missed the round while competing in another event.
Long Jump Take-Off Board	Athletes in the U10 age groups will jump from a board 1m away from the pit. The U12 and older athletes will use the regular takeoff board during the event. Successful attempts are measured from the end of the takeoff board closest to the pit. Athletes who step over the board during their attempt will be charged with a "fault".
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.
Awards	Gold, silver, and bronze medals are presented to the first three finishers in each event. Athletes should go to the awards area immediately following the conclusion of their event for the awards presentation.

60m Hurdles Specifications	Division	Height	Start to 1st Hurdle	Dist. between Hurdles
	U10 Girls	0.610	12.00m	7.50m
	U12 Girls	0.686	12.00m	7.50m
	U14 Girls	0.762	12.00m	7.50m
	U16 Girls	0.762	12.00m	8.00m
	U18 Girls	0.762	13.00m	8.50m
	U20 Girls	0.840	13.00m	8.50m
	U10 Boys	0.610	12.00m	7.50m
	U12 Boys	0.686	12.00m	7.50m
	U14 Boys	0.762	12.00m	7.50m
	U16 Boys	0.840	13.00m	8.50m
	U18 Boys	0.914m	13.72m	9.14m
	U20 Men	0.990m	13.72m	9.14m

Shot Put Specifications	Division	Weight
	U10 Girls & U10 Boys	2.00 kg
	U12 Girls & U12 Boys	2.73 kg
	U14 Girls & U14 Boys	3.00 kg
	U16 Girls	3.00kg
	U16 Boys	4.00kg
	U18 Girls	3.00kg
	U18 Boys	5.00kg
	U20 Girls	4.00kg
	U20 Boys	6.00kg



Tentative Competition Schedule

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TRACK EVENTS

TIME	EVENT	ROUND	AGE GROUP
9:00	1500m	Timed sections	U10 Girls / U12 Girls / U14 Girls / U16 Girls / U18 Girls / U20 Girls
9:40	1500m	Timed sections	U10 Boys / U12 Boys / U14 Boys / U16 Boys / U18 Boys / U20 Boys
10:20	400m	Timed Final	U10 Girls / U10 Boys / U12 Girls / U12 Boys / U14 Girls / U14 Boys
11:00	400m	Timed Final	U16 Girls / U16 Boys / U18 Girls / U18 Boys / U20 Boys / U20 Boys
11:40	60m Hurdles	Timed Final	U10 Girls / U10 Boys / U12 Girls / U12 Boys / U14 Girls / U14 Boys
12:10	60m Hurdles	Timed Final	U16 Girls / U18 Girls / U20 Girls
12:25	60m Hurdles	Timed Final	U16 Boys / U18 Boys / U20 Boys
12:40	60m	Heats	U10 Girls / U10 Boys / U12 Girls / U12 Boys / U14 Girls / U14 Boys
1:20	60m	Heats	U16 Girls / U16 Boys / U18 Girls / U18 Boys / U20 Girls / U20 Boys
2:00	2000m	Finals	All Girls
2:20	2000m	Finals	All Boys
2:40	60m	Finals	U10 Girls / U10 Boys / U12 Girls / U12 Boys / U14 Girls / U14 Boys
2:55	60m	Finals	U16 Girls / U16 Boys / U18 Girls / U18 Boys / U20 Girls / U20 Boys
3:10	800m	Timed Final	U10 Girls / U12 Girls / U14 Girls / U16 Girls / U18 Girls / U20 Girls
3:30	800m	Timed Final	U10 Boys / U12 Boys / U14 Boys / U16 Boys / U18 Boys / U20 Boys
3:50	200m	Timed Final	U10 Girls / U10 Boys / U12 Girls / U12 Boys / U14 Girls / U14 Boys
4:20	200m	Timed Final	U16 Girls / U16 Boys / U18 Girls / U18 Boys / U20 Girls / U20 Boys
4:50	4x200m	Timed Final	U10 Girls / U12 Girls / U14 Girls / U16 Girls / U18 Girls / U20 Girls
5:15	4x200m	Timed Final	U10 Boys / U12 Boys / U14 Boys / U16 Boys / U18 Boys / U20 Boys

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FIELD EVENTS

TIME	VERTICAL JUMPS	HORIZONTAL JUMPS	HORIZONTAL JUMPS	THROWS
8:30				
8:45	Warmup	Warmup	Warmup	Warmup
9:00	High Jump			
9:15	U18 Boys & U20 Boys	Long Jump	Long Jump	Shot Put (2 kg)
9:30	9:00	U18 Girls	U14 Girls	U10 Girls & U10 Boys
9:45	Warmup	9:00	9:00	9:00
10:00	Warmup			Warmup
10:15	High Jump	Warmup	Warmup	Shot Put (2.75 kg)
10:30	U14 Boys & U16 Boys			U12 Girls & U12 Boys
10:45	10:15	Long Jump	Long Jump	10:00
11:00	Warmup	U18 Boys	U14 Boys	Warmup
11:15	Warmup	10:30	10:15	Shot Put (3 kg)
11:30	High Jump			U14 Girls & U14 Boys
11:45	U10 Boys & U12 Boys	Warmup	Long Jump	11:00
12:00	11:30		U12 Boys	
12:15		Long Jump	11:30	Warmup
12:30	Warmup	U16 Boys		Shot Put (3 kg)
12:45	Warmup	12:00		U16 Girls & U18 Girls
1:00	High Jump			12:30
1:15	U18 Girls & U20 Girls		Warmup	Warmup
1:30	1:00	Warmup		Shot Put (4 kg)
1:45	Warmup			U20 Girls
2:00		Long Jump	Long Jump	1:30
2:15	High Jump	U20 Boys	U12 Girls	Warmup
2:30	U14 Girls & U16 Girls	2:00	1:30	
2:45	2:15	Warmup		Shot Put (4 kg)
3:00	Warmup			U16 Boys
3:15		Long Jump	Long Jump	2:30
3:30	High Jump	U16 Girls	U10 Girls	Warmup
3:45	U10 Girls & U12 Girls	3:00	2:45	Shot Put (5 kg)
4:00	3:30			U18 Boys
4:15		Warmup	Long Jump	3:30
4:30			U10 Boys	Warmup
4:45		Long Jump	4:00	Shot Put (6 kg)
5:00		U20 Girls		U20 Boys
5:15		4:30		4:30
5:30				



END-OF-SEASON AWARDS

TEAM AWARDS

International Youth Track & Field
Indoor Team of the Year

Polaris Cup Series
Overall Team Champions

Orion Cup Series
Overall Team Champions

Team Division Champions

Sprints Club of the Year

Distance Club of the Year

Hurdles Club of the Year

Jumps Club of the Year

Throws Club of the Year

INDIVIDUAL AWARDS

Polaris Cup Series
Most Outstanding Male & Female Performers

Orion Cup Series
Most Outstanding Male & Female Performers

Male & Female Divisional All-Stars