



2025 FLYING ANGELS ONTARIO CUP

Terry Fox Stadium, Chinguacousy Park
9050 Bramalea Rd, Brampton, ON L6S 6G7
Saturday, August 23, 2025

TECHNICAL PACKAGE

Eligibility

All athletes are eligible to compete regardless if they are affiliated with a track club or a provincial association.

Registration

Online Registration is through trackie.com using the following link:

www.Trackie.com/Event/FAOntarioCup

Entry Fee & Deadline

Regular Entry Deadline

Monday, August 18, 2025 @ 11:59 pm

Regular Entry Fee

\$15 per individual event / \$20 per relay

Late Entry Deadline

Wednesday, August 20, 2025 @ 11:59 pm

Late Entry Fee

\$20 per individual event / \$25 per relay

Enquiries

track@flyingangels.ca

Events Offered

Pee Wee (Born 2019, 2020)

60m, 200m, Long Jump (3 jumps only)

Mite (Born 2017, 2018)

100m, 200m, 400m, 800m, Long Jump, Shot Put, 4x100 Relay

Tyke (Born 2015, 2016)

100m, 200m, 400m, 800m, 1200m, Long Jump, Shot Put, 4x100 Relay

Atom (Born 2013, 2014)

100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x100 Relay

Senior (Born 2011, 2012)

100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x100 Relay

Intermediate (Born 2009, 2010)

100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x100 Relay

Open (Born 2008 & Older)

100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x100 Relay

Results

Live results will be posted at Athletics.net during the meet and at www.trackie.com at the completion of the meet

Facility Rules

Only officials, volunteers, coaches, and competitors are permitted onto the infield.

Parents and supporters must watch the meet from the stands.

Warm up on the infield are only allowed in designated warm up areas. Athletes may also warm up on the grass outside the stadium.

Packet Pickup

Coaches must pick up their team packet at the Registration Tent located at the north entrance to the stadium. Coaches passes will be in the team packages.

Competition Area Admission

Entry to the Competition area is by coaches wristband and athlete bibs only.

Schedule

A copy of the TENTATIVE schedule is attached. The FINAL schedule will be emailed after the final entry deadline. 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.

Athlete Check-In Procedure

Athletes must check in for all track events at the Clerking Tent located in the middle of the infield.

Athletes should check in to their field events at the event area when called.

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.

Spectators

Spectators are not allowed at the competition area. They must watch the meet from the stands or the designated spectator areas.

Awards

Medals will be presented to the 1st, 2nd, and 3rd place finishers in each event final. The 4th, 5th, and 6th place finishers will receive ribbons.

False Start Rule

In the Mite, Tyke, Atom, and Senior 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

Athletes in the Intermediate and Open divisions will be disqualified from the event if they commit a false start.

Advancement To Finals In 100m Dash

The top eight times from the qualifying round of the 100m dash will advance to the Finals. Divisions where 8 or fewer athletes have checked in during the qualifying round will run that round as the Finals.

Simultaneous Events

There is no provision made for athletes who are competing in two or more events simultaneously.

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.

Athletes will not get any additional attempts to make up for the rounds they missed. Athletes must join the event at the round being contested upon their arrival to the event.

Long Jump

Pee Wee and Mite division athletes will jump from a "board" that is marked with duct tape 1m from the long jump pit. The measurement will be taken from the end of the "board" to the spot where the athlete lands. Athletes who step over the "board" will be assessed a fault.

All other athletes must jump from the designated take off board.

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SCHEDULE OF EVENTS

10:00 AM	1200m	Timed Sections
	1500m	Timed Sections
	400m	Timed Sections
	100m	Heats
Track Break		
	100m	Finals
	800m	Timed Sections
	200m	Timed Sections
	4 x 100 Relay	Finals

FIELD EVENTS		
TIME	Long Jump	Shot Put
10:00 AM	Pee Wee Girls & Boys	
	Intermediate.Boys / Open Men	Mite Girls & Boys
	Atom Boys / Senior Boys	Tyke Girls & Boys
	Mite Boys / Tyke Boys	Atom Girls & Boys
	Intermediate.Girls / Open Women	Senior Girls & Boys
	Atom Girls / Senior Girls	Intermediate.Girls / Open Women
	Mite Girls / Tyke Girls	Intermediate.Boys / Open Men

- 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

2025 Flying Angels Ontario Cup Track Meet

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

Flying Angels Community Services
City of Brampton
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