

MINOR TRACK ASSOCIATION OF ONTARIO – PROVINCIAL TEAM INDOOR QUALIFIER MEET AND PREP MEET #1

Sunday December 14, 2025

Hosted by:	Minor Track Association		
Location:	Toronto Track and Field Centre 231 Ian Macdonald Blvd, North York, ON		
Sanctioned by:	Minor Track Association	Athletics Ontario	
Meet Director:	Carla Warwick 647-283-4079	carla@mississaugaolympians.com	
Meet Entries:	Steven Fife 905-348-2214	thoroldelitetc@gmail.com	
Eligibility:	Athletes registered with Minor Track Association for 2025 Non-members may participate but will pay an additional \$5 fee		
Regular Deadline:	Wednesday December 10, 2025 @ 11:59 pm		
Late Deadline:	Friday December 12, 2025 @ 12:00 pm No changes will be made after this deadline.		
Entry Fees:	First event: \$20.00	Subsequent events: \$15.00	
	4x200 m Relay: \$25.00		
	An additional \$5.00 processing fee applies to all late entries.		
Online Registration:	www.trackie.com/event/MTADecember2025 All entries are to be completed online at Trackie		
Results:	Will be posted at www.trackie.com and www.minortrack.org at the conclusion of the meet		
Waiver:	Mandatory for all athletes and to be completed online		

Facility:	Banked 5-lane, 200 m Conica (Sportica M) surface Separate 8-lane, 60 m sprint strip outside of the oval track
Parking:	Paid parking is available at the facility
Facility Access:	Only officials, volunteers, registered coaches, and athletes competing are permitted into the Fieldhouse. Parents and supporters must watch the meet from the spectator gallery upstairs.
Coach Passes:	Only coaches registered with MTA for 2025 will be issued a coaching pass to access the Fieldhouse. <u>No exceptions.</u>
Medical Personnel:	Medical personnel will be on-site for the duration of the meet.
Team Ontario:	MTA will be selecting 20 athletes to compete at the Adidas Track Nationals, March 20-22, 2026, in Virginia Beach, Virginia. The team of 20 athletes will travel to Virginia from March 19-23, 2026, to represent MTA and Ontario. The age categories that will make up the team are Atoms (11-12 yrs), MTA Senior (13-14 yrs), Intermediate (15-16 yrs) and Youth (17-18 yrs).

Athlete/ Team Selection Criteria:

Athletes will be chosen for the team based on the following criteria. Performances (ie. Time, distance), multiple events (ie. 200, 400, Long Jump), multiple wins (ie. (1st, 1st, 1st; 1st, 2nd, 2nd; 1st, 2nd, 3rd; 1st, 3rd, 3rd. 2nd, 2nd, 2nd, etc.)

Athletes **must** have competed at the November 23, 2025, qualifying meet.

Athletes who have achieved the Ontario selection standards in each event they competed in at the November 23, 2025, qualifying meet will be eligible for selection based on those events.

Only these athletes will be eligible to compete to be selected for MTA Indoor Ontario Team at the February 15, 2026 meet. The meet, however, still remains open to all athletes as a prep meet.

NOTE: All athletes who are selected for the team must have a valid Canadian passport and travel insurance.

Team Ontario Selection Standards:

	60m	200m	400m	800m	1600m	3000m	LJ	HJ	Shot
Atom	8.20	27.00	1:00.00	2:20.00	4:50.00	10:50.00	4.60m	1.40m	10m
Boy	8.70	29.00	1:10.00	2:45.00	5:25.00	10:90.00	4.00m	1.20m	7.25m
Atom	8.30-	27.50-	1:05.00	2:25.00	5:28.00	10:80.00	4.50m	1.35m	7.50m
Girl	8.80	29.50	1:15.00	2:55.00	5:45.00	11:10.00	3.90m	1.18m	5.50m
Sr.	7.40	24.50	59.00	2:00.00	4:40.00	10:30.00	5.75m	1.50m	10.70
Boy	8.20	26.00	1:05.00	2:25.00	5:10.00	10:50.00	4.90m	1.30m	10.30
Sr.	8.00-	26.50	1:00.00	2:20.50	5:20.00	10:50.00	5.10 m	1.45m	10.65m
Girl	8.50	27:75	1:10.00	2:35.00	5:40.00	10:90.00	4.40m	1.25m	10.25m
Inter.	7.10	23.00	53.00	2:10.00	4:30.00	10:00.00	6m	1.60m	11m
Boy	7.60	24.75	57.00	2:20.00	4:50.00	10:30.00	5m	1.45m	9.50m
Inter.	7.90	25.90-	59.00	2:19.00	4:50.00	10:20.00	5.15m	1.50m	10.75m
Girl	8.40	26.75	1:05.0	2:30.50	5:20.50	10:50.00	4.30m	1.30m	9.00m
Youth	7.00	22.90	52.50	2:05.00	4:15.00	9:00.00	6.50m	1.65m	11.25m
Boy.	7.50	24.00	56.50	2:15.00	4:40.00	10:00.00	5.50m	1.50m	9.60m
Youth	7.80	25.50	58.50	2:15.00	4:50.00	10:00.00	5.20m	1.55m	10.80m
Girl	8.30	26.50	1:00.0	2:25.00	5:15.00	10:20.00	4.45m	1.35m	10m

Events Offered:

Category	Birth Years	Events Offered
Peewee	Born 2019-2020	60 m, Long Jump (3 attempts only)
Mite	Born 2017-2018	60 m, 200 m, 400 m, 800 m, Long Jump, Shot put (1.5 kg)
Tyke	Born 2015-2016	60 m, 200 m, 400 m, 800 m, 1200 m Long Jump, High Jump, Shot put (2 kg)
Atom	Born 2013-2014	60 m, 200 m, 400 m, 800 m, 1600 m, Open 3000 m Long Jump, High Jump, Shot put (2.73 kg)
Senior	Born 2011-2012	60 m, 200 m, 400 m, 800 m, 1600 m, Open 3000 m Long Jump, High Jump, Shot put (3 kg)
Intermediate	Born 2009-2010	60 m, 200 m, 400 m, 800 m, 1600 m, Open 3000 m Long Jump, High Jump, Shot put (3 kg girls/ 4 kg boys)
Youth	Born 2007-2008	60 m, 200 m, 400 m, 800 m, 1600 m, Open 3000 m Long Jump, High Jump, Shot put (3 kg girls/ 5 kg boys)

Shot Put Specifications:

Mite Girls & Boys	1.5 kg	Intermediate Girls	3 kg
Tyke Girls & Boys	2 kg	Intermediate Boys	4 kg
Atom Girls & Boys	2.73 kg	Youth Girls	3 kg
Senior Girls & Boys	3 kg	Youth Boys	5 kg

Facility Rules:

- Street shoes or boots are not allowed in the Fieldhouse;
- Food and drink are not allowed in the Fieldhouse;
- Entry to the Fieldhouse is by wrist band or bib number only;
- Spectators must watch the meet from the upstairs viewing gallery. No parents are allowed on the track level. Any unauthorized individuals in the Fieldhouse will be asked to leave; failure to do so will result in disqualification of your athlete(s).

Awards:

Medals will be presented to the Top Three finishers in each event. 4th-6th place finishers will receive a ribbon.

The Top Three finishers will receive medals and will be called over to the awards table when ready.

The 4th-6th place finishers can pick up their ribbon at the Awards desk once results have been received.

False Start Rule:

The False Start Rule follows those of the IAAF, with the following exceptions: in events staged for Peewee, 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.

Advancement to Finals: Finals will be held for the 60 m Sprint only.

Six (6) or fewer heats: The top 8 times from the qualifying round will move to a single final.

Seven (7) or more heats: The top 16 times from the qualifying round will move to a two-section final (ie. A final and B final). Awards will be given to the top times between the two finals.

Horizontal Jumps:

Peewee, Mite, Tyke, and Atom athletes will jump from a 1 m jump zone for the long jump. The jump zone may be marked with powder if allowed by the facility.

Senior, Intermediate, and Youth athletes must jump from the designated board.

All Triple Jump competitors must jump from the designated board(s).

High Jump:

Each competitor will receive three attempts at each height. The starting height will be the lowest height requested by any competitor.

Height will increase by 5 cm increments until there are 3 jumpers left, or as otherwise determined by the discretion of the high jump official(s).

Number of Attempts:

All competitors in throws or horizontal jumps will receive three preliminary attempts; the Top 8 will then receive 2 additional attempts each.

Simultaneous Events:

It is impossible to schedule a meet where there are no conflicts for athletes who are competing in multiple events.

In general, track events take precedence over field events; however there are some important points to be aware of.

Athletes who are competing in two or more events simultaneously must check in to each event at the start of the event and inform the officials that they are competing in two or more events at the same time. The athletes will get a chance to warm up and/or find their mark during the warm-up period allotted to all participants before they leave for the simultaneous event. They will not get any additional time to warm up or "find their mark" upon returning to the event.

Horizontal Jumps and Shot Put: Athletes in the **Mite, Tyke, Atom, and Senior** categories will receive all their preliminary attempts if they return to the event before the end of the preliminary rounds. They will receive two additional attempts if they qualify as one of the top eight finalists. The athlete must return before the end of the final round to receive the two additional attempts. Athletes will not receive any attempts if they return to the event after all other competitors have completed their attempts.

Athletes in the **Intermediate and Youth** categories do not get any attempts to make up for the rounds they missed while competing in simultaneous events. Athletes must join the event at the round being contested upon their return.

High Jump: Athletes must join the High Jump event where the bar is at the time of their return. The bar will not be lowered for an athlete in any division who missed the round while competing in a simultaneous event. Athletes will not receive any attempts if they return to the event after all other competitors have completed their attempts.

Volunteers:

We are in need of volunteers to assist officials with the efficient operation of this track and field meet. Possible jobs include raking, measuring, adjusting high jump standards, hurdle crew, etc.

Being a volunteer will allow parents to access the track level.

**If you would like to volunteer please contact the MTA Board.
Thank you.**

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(Rolling Schedule: Each event will start after the previous event)

Morning Track Session				
9:00 am	1200 m	Timed Final	Tyke	Girls then Boys
9:20 am	1600 m	Timed Final	Atom / Senior / Intermediate / Youth	Girls then Boys
10:20 am	60 m	Timed Final	Peewee	Girls then Boys
10:30 am	60 m	Heats	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls then Boys
11:30 am	400 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls then Boys
LUNCH BREAK (Approx 12:30-1:00 pm)				
Afternoon Track Session				
1:00 pm	60 m	Finals	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls then Boys
1:30 pm	3000 m	Timed Final	Open	Girls and Boys COMBINED
1:50 pm	800 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls then Boys
3:00 pm	200 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls then Boys

Field Events				
Time	High Jump	Horizontal Jumps Pit 1	Horizontal Jumps Pit 2	Shot Put
9:00 am	Tyke Boys and Girls	Peewee Boys	Peewee Girls	Mite Boys and Girls
9:30 am				
10:00 am	Atom Boys and Girls	Intermediate Boys	Intermediate Girls	Tyke Boys and Girls
10:30 am				
11:00 am	Senior Boys and Girls	Senior Boys	Senior Girls	Atom Boys and Girls
11:30 am				
12:00 pm	Intermediate Boys and Girls	Youth Boys	Youth Girls	Senior Boys and Girls
12:30 pm				
1:00 pm	Youth Boys and Girls	Tyke Boys	Tyke Girls	Intermediate Boys and Girls Youth Boys and Girls
1:30 pm				
2:00 pm		Mite Boys	Mite Girls	
2:30 pm				
3:00 pm				
3:30 pm				
4:00 pm				

Note: Schedule is tentative / approximate / estimated based on expected number of entries and length of time required to run the event. An updated and final schedule WILL be communicated prior to the meet based on the actual entries and heats/flights required and may, in some cases, change significantly. If there is need to change anything then we will provide as much notice as possible.