

2026 Flying Angels NextGen Indoor Championships

Toronto Track & Field Centre, York University, 231 Ian MacDonald Blvd, Toronto, ON M3J 3L9 Saturday, January 17, 2026

TECHNICAL PACKAGE

Sanctioned By Athletics Ontario and Minor Track Association (Ontario)

Eligibility All athletes are eligible to compete regardless of whether they are affiliated with a track

club or a provincial association.

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

https://trackie.com/event/2026FlyingAngelsNextGenIndoorChampionships

Entry Fee & Deadline Regular Entry Deadline

Tuesday, January 13, 2026 @ 11:59 pm

Regular Entry Fee

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

Late Entry Deadline

Thursday, January 15, 2026 @ Noon

Late Entry Fee

\$30 per individual event / \$30 per relay

No entries accepted after the Late Entry deadline

Enquiries track@flyingangels.ca

Events Offered U9 (Born in 2018 & 2019)

60m, 200m, 400m, 800m, Long Jump, Shot Put, 4x200 Relay

U11 (Born 2016 & 2017)

60m, 200m, 400m, 800m, 1200m, Long Jump, High Jump, Shot Put, 4x200 Relay

U13 (Born 2014 & 2015)

60m, 200m+, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put, 4x200 Relay

U15 (Born 2012 & 2013)

60m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put, 4x200 Relay

U18 (Born 2009-2011)

60m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put, 4x200 Relay

Open (Born 2008 & Older)

60m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, Shot Put, 4x200 Relay

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.

Results Live results will be available at Athletics.net during the meet and at www.trackie.com

after the meet

Facility RulesOnly officials, volunteers, coaches, and competitors are permitted into the Field House.

Parents and supporters must watch the meet from the spectator gallery upstairs.

Packet Pickup A coach or a designated team member must pick up the team packet from the

Hospitality Room upstairs. The coach or designate must pick up the entire packet. They may leave their cell phone number for their athletes to contact them for their bibs.

Competition Area Admission

Entry to the Fieldhouse is by wristband only. Wristbands for athletes and coaches are

included in the team's packet.

Schedule A copy of the <u>TENTATIVE</u> schedule is attached.

The FINAL schedule will be posted and emailed to teams 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 at the Southeast

corner of the Fieldhouse.

Athletes should check into 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 miss their events after they have been called.

Spectators Spectators are not allowed in the Fieldhouse. They must watch the meet from the

spectator gallery upstairs. There is a \$5 charge for spectators.

Awards Medals are presented to the first three finishers in each event.

The top three finishers should make their way to the awards podium after the

conclusion of their event.

The top three teams that score the most points in the meet will receive a trophy

The athletes with the most points in each division will receive a trophy

False Start Rule In the U9, U11, U13, and U15 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 U18 & Open divisions will be disqualified from the event if they commit a

false start.

Advancement to Finals (60m) The top 8 times from the qualifying round of the 60m 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 special 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 at the

event.

Long Jump The U9 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.

If there are more than 12 jumpers in the U9, U11, U13, and U15 divisions, then each competitor will get two (2) jumps in the preliminary round and then the top 8 jumpers

will get two (2) additional jumps.



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TRACK EVENTS

9:00 AM - Morning Session						
TIME	EVENT	ROUND	GENDER	DIVISION		
09:00 AM	1200m	Timed Final	Female	U11		
	1200m	Timed Final	Male	U11		
9:15 AM	1500m	Timed Final	Female	U13, U15, U18, Open		
	1500m	Timed Final	Male	U13, U15, U18, Open		
10:30 AM	60m	Heats	Female	U9, U11, U13, U15, U18, Open		
	60m	Heats	Male	U9, U11, U13, U15, U18, Open		
11:45 PM	400m	Timed Final	Female	U9, U11, U13, U15, U18, Open		
	400m	Timed Final	Male	U9, U11, U13, U15, U18, Open		
1:30 PM	60m	Finals	Female	U9, U11, U13, U15, U18, Open		
	60m	Finals	Male	U9, U11, U13, U15, U18, Open		
2:00 PM	800m	Timed Final	Female	U9, U11, U13, U15, U18, Open		
	800m	Timed Final	Male	U9, U11, U13, U15, U18, Open		
3:30 PM	200m	Timed Final	Female	U9, U11, U13, U15, U18, Open		
	200m	Timed Final	Male	U9, U11, U13, U15, U18, Open		
4:30 PM	4x200m	Timed Final	Female	U9, U11, U13, U15, U18, Open		
	4x200m	Timed Final	Male	U9, U11, U13, U15, U18, Open		

- 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.



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FIELD EVENTS

TIME	Vertical Jump	Horizontal Jumps (Pit 1)	Horizontal Jumps (Pit 2)	Throws
9:00	High Jump		Long Jump Open Men 9:00	Shot Put
9:15	U11 Girls			U9 Boys
9:30	9:00	Long Jump		9:00
9:45	High Jump	Open Women 9:00		Shot Put
10:00	U13 Girls			U11 Boys
10:15	9:45			9:45
10:30	High Jump	Long Jump U18 Girls 10:30	Long Jump U18 Boys 10:30	Shot Put
10:45	U15 Girls			U13 Boys
11:00	10:30			10:30
11:15	High Jump			Shot Put
11:30	U18 Girls			U15 Boys
11:45	11:15			11:15
12:00	High Jump		Long Jump U15 Boys 12:00	Shot Put
12:15	Open Women			U18 Boys
12:30	12:00	Long Jump U15 Girls 12:00		12:00
12:45	High lump			Shot Put
1:00	High Jump U11 Boys			Open Men
1:15	12:45			12:45
1:30	High Jump	Long Jump U13 Girls - 1:30	Long Jump U13 Boys 1:30	Shot Put
1:45	U13 Boys			U9 Girls
2:00	1:30			1:30
2:15	High Jump			Shot Put
2:30	U15 Boys			U11 Girls
2:45	2:15			2:15
3:00	High Jump		Long Jump U11 Boys 3:00	Shot Put
3:15	U18 Boys			U13 Girls
3:30	3:00	Long Jump		3:00
3:45	High Jump	U11 Girls 3:00		Shot Put
4:00	Open Men	3.00		U15 Girls
4:15	3:45			3:45
4:30				Shot Di-t
4:45		Long Jump	Long Jump U9 Boys 4:30	Shot Put U18 Girls
5:00		U9 Girls		4:30
5:15		4:30		
5:30				Shot Put Open Womer
5:45				5:15

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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

2026 Flying Angels NextGen Indoor Championships

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

Flying Angels Community Services Athletics Ontario City of Toronto 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