



Fred Foot Community Mile
January 16th, 2026

Date: Friday January 16th, 2026

Location: University of Toronto Field House
Faculty of Kinesiology & Physical Education
55 Harbord Street Toronto, ON M5S 2W6

Start Time: Friday: 6:00pm

Hosted By: Faculty of Kinesiology & Physical Education
University of Toronto Track and Field Club

Meet Directors: Rostam Turner rostam.turner@utoronto.ca
Andre Metivier ap.metivier@utoronto.ca

Eligibility: University, College, AO athletes, and recreational runners

Entries: Entry Fee: \$35/event

Must be submitted on-line by Tuesday, Jan 13th, 2026 at 11:59pm

Facility: 200m flat Mondo - rubber 5-lane track with 8 sprint lanes. All runways Mondo - rubber; shot put circle concrete.

Spikes: **MAXIMUM 6mm.**

Timing: Fully electric timing.

Changing facility: Locker rooms are available for men and women. Please bring your own locks and towels.

Late Entry: Late entries will be accepted at \$60.00 per athletes per events.

Late entries will only be accepted up until 6:00pm on Thursday January 15th

SCRATCHES: Please make all scratches online or upon arrival to the Field House registration desk (top of the stairs).

SCHEDULE: A tentative schedule is enclosed. A finalized schedule based on entries received, will be posted on Trackie on January 15th.

Check In: Check-in will take place at the event site 30 minutes prior to the start of the event.



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2026 Fred Foot Community Mile

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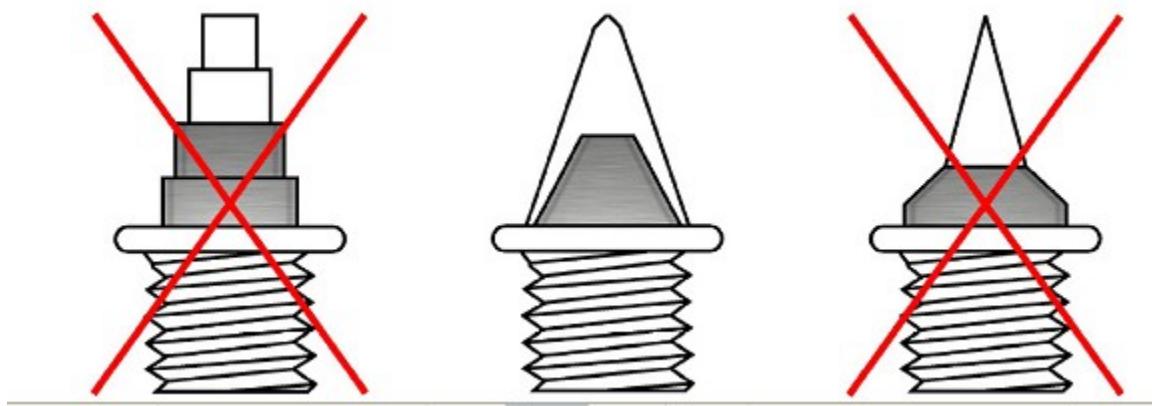
6:30pm	Doors Open	Check in 10min Prior to Race
7:00pm	Heat 1	Community Mile
7:10pm	Heat 2	Community Mile
7:20pm	Heat 3	Community Mile
7:30pm	Heat 4	Community Mile
7:40pm	Heat 5	Community Mile
7:50pm	Heat 6	Community Mile
8:00pm	Heat 7	Community Mile
8:10pm	Heat 8	Community Mile
8:20pm	Heat 9	Community Mile
8:30pm	Heat 10	Community Mile
8:40pm	Heat 11	Community Mile
8:50pm	Heat 12	Community Mile
9:00pm	Heat 13	Community Mile
9:10pm	Heat 14	Community Mile
9:20pm	Heat 15	Community Mile
9:30pm	Heat 16	Community Mile
9:40pm	Heat 17	Community Mile
9:50pm	Heat 18	Community Mile
10:00pm	Awards and Closing	

TORONTO

TRACK AND FIELD

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NEW For the University of Toronto Athletic Centre Field House



SPIKES

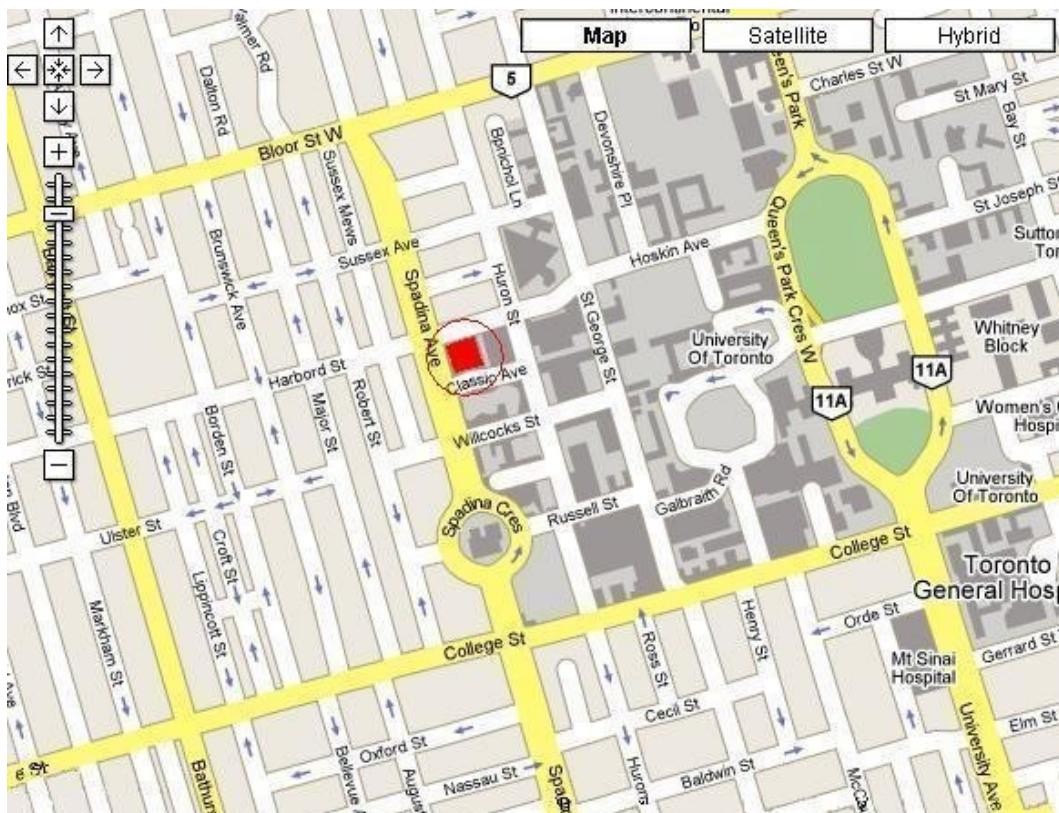
- All spikes must be presented to be checked at the spike check in table (where you receive your hip numbers)
- Athletes will not be allowed to compete without having their spikes checked and cleared .
- Acceptable spikes: 6mm pyramids / cones – same size
- Any athletes competing with longer than 7mm spikes will be disqualified.
- Water is the only permitted drink allowed on the track facility.



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How to get the University of Toronto Athletic Centre: - 55 Harbord St.Toronto, Ontario, Canada, M5S 2W6

The Athletic Centre is located on the west side of U of T's St. George campus at the intersection of Harbord St. and Spadina Ave. It is easily accessible from the Spadina subway station and by streetcar.



From the Gardiner Expressway:

Gardiner Expressway to Spadina Ave. Turn left (go north) on Spadina Ave. Turn Right onto Harbord St and enter through first set of doors.

From 401 (East of DVP): 401 West to Don Valley Pkwy. Don Valley Pkwy South to Bloor St. West on Bloor St. to Spadina Ave.. Turn Left onto Spadina Ave. Turn Left on Harbord St and enter through first set of doors.

From 401 (West of Allen Road): 401 East to Allen Road. Allen Road South to end (Eglinton). Turn left (go east) onto Eglinton. Turn right (go south) onto Bathurst St. Turn left (go east) onto Harbord St. Enter through first set of doors.

Athletic Centre Entry:

For the safety and security of everyone, all students and members must enter and exit the Athletic Centre through the main entrances only* (on Harbord St. and Classic Ave.)