



**Fred Foot Memorial
Track and Field Meet January 16th-17th, 2026**

- Date:** Friday and Saturday January 16th and 17th, 2026
- Location:** University of Toronto Field House
Faculty of Kinesiology & Physical Education
55 Harbord Street Toronto, ON M5S 2W6
- Start Time:** Friday: 3:00pm (Combined Events)
Saturday Track: 11:00 am, Field: 8:00am (Weight throw)
***Meet may run up to 30 minutes ahead of schedule**
- Sanctioned by:** Ontario University Association (OUA)
- 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, and AO athletes
- Entries:**
- | | |
|----------------------------------|--|
| Entry Fee University or College: | \$30/event
\$30/relay
\$600 / school maximum |
| Open Athletes: | \$30/event
\$30/relay
No club maximum |
- 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.
- Starting Heights:** The recommended starting heights are as follows:

All starting heights will be decided at the competition site
- Changing facility:** Locker rooms are available for men and women. Please bring your own locks and towels.



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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 for all events **except the 300m** will take place at the event site 30 minutes prior to the start of the event.

Due to the large number of 300m competitors, we have introduced a special check-in procedure to keep the event on schedule.

Step 1. Athletes must declare whether or not they will be competing in the 300m. Athletes or coaches will simply either tick their name or cross it out. There will be a volunteer to assist with the declaration. The table will be at the entrance to the track (at the top of the stairs).

Step 2. The deadline to declare will be 1 hour before to the start of the event.

Ex. Men's 300 starts at 2:25. Deadline to declare will be 1:25

Step 3. 30 minutes prior to the start of the event, Athletes will check-in with the official on the infield near the start of the 300's (East end of the track)

Note

*Declaring DOES NOT mean you have Checked In. You must check in with the official

*If you only plan to run the 300, make sure you arrive early enough to follow the check-in procedure.



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Track Events	Athletics Center	
	Friday January 16th, 2026	
3:00 PM	Pentathlon 60m Hurdles	Women
3:30 PM	Heptathlon 60m	Men
7:00 PM	Pentathlon 800m	Women

Field Events	Athletics Center	
	Friday January 16th, 2026	
3:45 PM	Pentathlon High Jump	Women
4:15 PM	Heptathlon Long Jump	Men
5:00 PM	Pentathlon Shot Put	Women
5:30 PM	Heptathlon Shot Put	Men
6:00 PM	Pentathlon Long Jump	Women
6:45 PM	Heptathlon High Jump	Men
7:30 PM	Pole Vault	Men



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Track Events	Athletics Center	
	Saturday January 17 th , 2026	
11:00 AM	Heptathlon 60m Hurdles	Men
11:10 AM	60m Hurdle Heats (U18, U20, Open)	Men
11:15 AM	60m Hurdle Heats (U18, U20, Open)	Women
11:20 AM	60m Heats (U18, U20, Open)	Men
11:35 AM	60m Heats (U18, U20, Open)	Women
11:50 AM	600m Timed Sections	Men
12:05 PM	600m Timed Sections	Women
12:20 PM	4x200m Relay	Men
12:30 PM	4x200m Relay	Women
12:40 PM	Heptathlon 1000m	Men
12:50 PM	1000m Timed Sections	Men
1:00 PM	1000m Timed Sections	Women
1:10 PM	60m Hurdle Final	Women
1:15 PM	60m Hurdle Final	Men
1:25 PM	60m Final (A+B Final)	Women
1:35 PM	60m Final (A+B Final)	Men
1:45 PM	Mile Timed Sections	Men
2:00 PM	Mile Timed Sections	Women
2:25 PM	300m Timed Sections	Men
2:45 PM	300m Timed Sections	Women
3:15 PM	3000m Timed Sections	Men
3:30 PM	3000m Timed Sections	Women
3:45 PM	4x800m Timed Sections	Men
3:55 PM	4x800m Timed Sections	Women
4:05 PM	4x400m Timed Sections	Men
4:15 PM	4x400m Timed Sections	Women



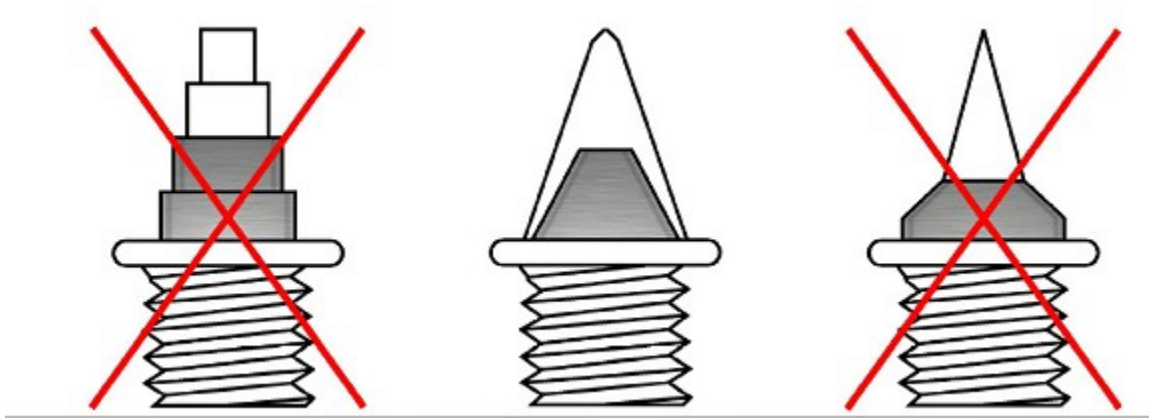
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Field Events	Athletics Center	
	Saturday January 17th, 2026	
8:00 AM	Weight Throw	Men + Women
8:45 AM	Shot Put	Men + Women
10:30 AM	Long Jump	Men
10:30 AM	High Jump	Men
11:35 AM	Heptathlon Pole Vault	Men
12:30 PM	High Jump	Women
1:00 PM	Long Jump	Women
2:15 PM	Pole Vault	Women
2:30 PM	Triple Jump	Men
3:15 PM	Triple Jump	Women



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NEW For the University of Toronto Athletic Centre Field House



SPIKES

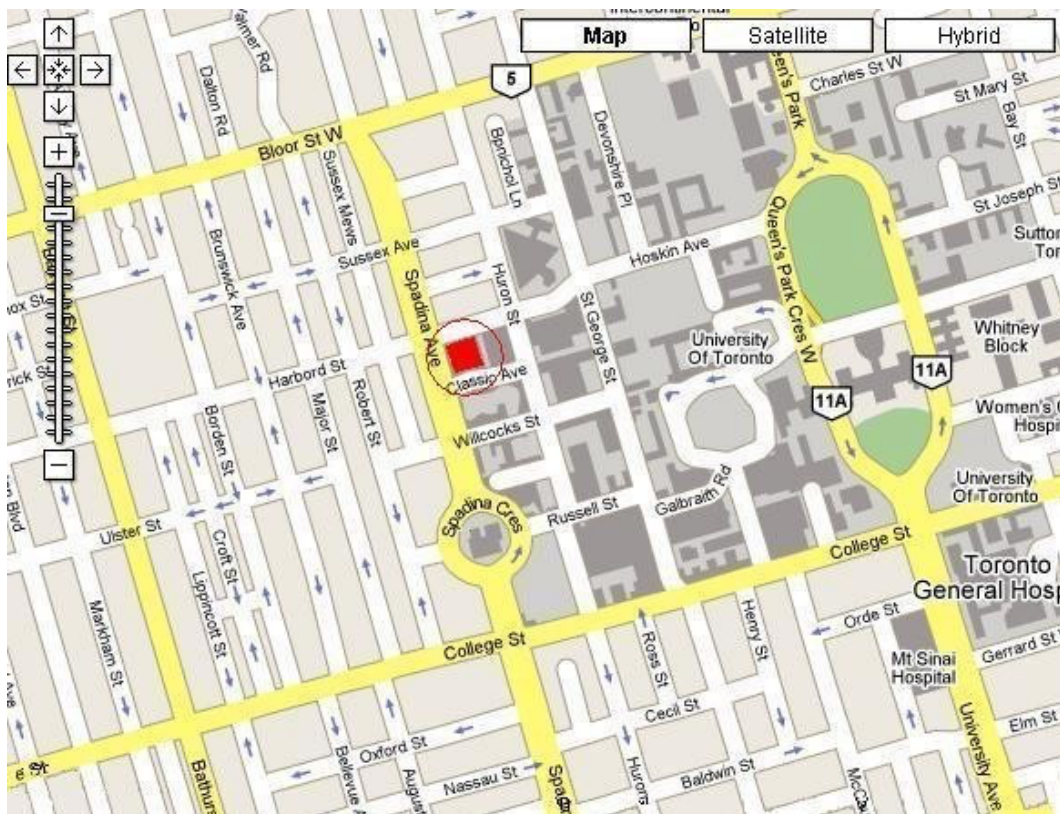
- ☐ All spikes must be presented to be checked at the spike check in table (where you receive your hip numbers)
- ☐ Athletes will not be allowed to compete without having their spikes checked and cleared .
- ☐ Acceptable spikes: 6mm pyramids / cones – same size
- ☐ Any athletes competing with longer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