

Thorold Elite Track Club

Presents

3rd Annual

FALL TRACK & FIELD FINALE



Sunday September 20, 2026

Canada Games Park
2021 Canada Games Way
Thorold, ON

TECHNICAL PACKAGE

2026 FALL TRACK & FIELD FINALE

Sunday September 20, 2026

Hosted by: Thorold Elite Track Club

Sanctioned by: Athletics Ontario

Meet Director: thoroldelitetc@gmail.com

Eligibility: Athletes registered with Athletics Ontario, Minor Track Association

Non-members permitted with an additional surcharge of \$5

Regular Deadline: Tuesday September 15, 2026 @ 11:59 pm

Late Deadline: Friday September 18, 2026 @ 12:00 pm
Entries received after this deadline may be accepted at the discretion of the meet directors and only if maximum field sizes are not reached.

Entry Fees: First event: \$20.00 Subsequent events: \$15.00

Combined Events (Pentathlon): \$25.00

Medley or relay: \$20.00

An additional \$5.00 processing fee applies to all late entries.

Online Registration: www.trackie.com/event/2026-fallfinale

All entries are to be completed online at Trackie

Waiver: Mandatory for all athletes and to be completed online

Events Offered:

100 m	Sprint Hurdles	Long Jump	Shot put	<i>Other events may be available by request.</i>
200 m	Intermediate Hurdles	Triple Jump	Discus	
300 m		High Jump	Hammer	
400 m			Javelin	
600 m				
1000 m				

Age Divisions:

However, MOST events will be run as Open with races seeded by seed time. We will try to separate Rising Stars ages (U12 and under) where possible.

Category	Year of Birth
U8 [AO]	2019
U9 [MTA]	2018
U10 [AO]	2017
U11 [MTA]	2016
U12 [AO]	2015
U13 [MTA]	2014
U14 [AO]	2013
U15 [MTA]	2012

Category	Year of Birth
U16 [AO]	2011
U18 [AO]	2009-2010
U20 [AO]	2007-2008
Open	2005-1991
Masters (Age 35+)	1990 & Older

Masters implements/ event specs will vary by specific age range as outlined by the OMA.

Awards:

This is intended as a last chance to get some times and measurements and not as a champion meet; as such there are no awards being offered.

Flights and Attempts:

Field events will be organized into multiple flights based on the entry numbers.

All athletes in all throws and horizontal jumps will receive six attempts.

Even though most events are Open or combined age categories, athletes will be separated out for results.

Implement Specs:

MASTERS ATHLETES

Women	Hammer Throw	Shot put	Discus	Javelin
35-49	4.00 kg	4.00 kg	1.00 kg	600 g
50-59	3.00 kg	3.00 kg	1.00 kg	500 g
60-74	3.00 kg	3.00 kg	1.00 kg	500 g
75+	2.00 kg	2.00 kg	750 g	400 g
Men	Hammer Throw	Shot put	Discus	Javelin
35-49	7.26 kg	7.26 kg	2.00 kg	800 g
50-59	6.00 kg	6.00 kg	1.50 kg	700 g
60-69	5.00 kg	5.00 kg	1.00 kg	600 g
70-79	4.00 kg	4.00 kg	1.00 kg	500 g
80+	3.00 kg	3.00 kg	1.00 kg	400 g

Athletes must provide their own throwing implements. Requests to use a club implement must be made well in advance and are not guaranteed.

MTA & ATHLETICS ONTARIO ATHLETES

HAMMER THROW

U16 Girls – 3.00 kg
U16 Boys – 4.00 kg
U18 Girls – 3.00 kg
U18 Boys – 5.00 kg
U20 Women – 4.00 kg
U20 Men – 6.00 kg
Open Women – 4.00 kg
Open Men – 7.26 kg

SHOT PUT

U9 Girls – 1.50 kg
U9 Boys – 1.50 kg
U11 Girls – 2.00 kg
U11 Boys – 2.00 kg
U13 Girls – 2.73 kg
U13 Boys – 2.73 kg
U14 Girls – 3.00 kg
U14 Boys – 3.00 kg
U15 Girls – 3.00 kg
U15 Boys – 3.00 kg
U16 Girls – 3.00 kg
U16 Boys – 4.00 kg
U18 Girls – 3.00 kg
U18 Boys – 5.00 kg
U20 Women – 4.00 kg
U20 Men – 6.00 kg
Open Women – 4.00 kg
Open Men – 7.26 kg

DISCUS

U13 Girls – 750 g
U13 Boys – 750 g
U14 Girls – 750 g
U14 Boys – 750 g
U15 Girls – 1.00 kg
U15 Boys – 1.00 kg
U16 Girls – 1.00 kg
U16 Boys – 1.00 kg
U18 Girls – 1.00 kg
U18 Boys – 1.50 kg
U20 Women – 1.00 kg
U20 Men – 1.75 kg
Open Women – 1.00 kg
Open Men – 2.00 kg

JAVELIN

U13 Girls – 400 g
U13 Boys – 400 g
U14 Girls – 400 g
U14 Boys – 400 g
U15 Girls – 500 g
U15 Boys – 500 g
U16 Girls – 500 g
U16 Boys – 600 g
U18 Girls – 500 g
U18 Boys – 700 g
U20 Women – 600 g
U20 Men – 800 g
Open Women – 600 g
Open Men – 800 g

Volunteers:

We are in need of volunteers to assist officials with the efficient running of field events. Possible jobs include raking, measuring, adjusting high jump standards, hurdle crew, etc.

If you would like to volunteer please contact thoroldelitetc@gmail.com. Thank you.