



2026 FLYING ANGELS INTERNATIONAL
TRACK & FIELD CHAMPIONSHIPS
July 3-5, 2026

Location	Terry Fox Track and Field Stadium, 9050 Bramalea Rd, Brampton, Ontario, L6S 6H1
Sanctioning bodies	World Athletics, Athletics Ontario, and Minor Track Association (Ontario)
Hosted by	Flying Angels Track Club
Facility	Outdoor 8-lane track used for competition The indoor track has an oval and straightaway, and access to two long jump and triple jump pits
Entry Information	Online Registration is through trackie.com using the following link: www.Trackie.com/Event/2026FlyingAngelsInternational
Entry Deadline	Wednesday, June 24, 2026 @ 11:59 pm \$20 per individual event; \$30 per relay
Late Entry Deadline	Monday, June 29, 2026 @ 11:59 pm \$30 per individual event; \$40 per relay No entries are allowed after the late entry deadline.
Enquiries	track@flyingangels.ca
Athlete Eligibility	Athletes may represent their country, association, club, school, or community at this meet Athletes may also participate as unattached
Age Divisions	The athlete's division is based on their <u>year</u> of birth. ie) Their age on December 31, 2026: Under 8 (Born 2019 & Younger) Under 9 (Born 2018) Under 10 (Born 2017) Under 11 (Born 2016) Under 12 (Born 2015) Under 13 (Born 2014) Under 14 (Born 2013) Under 15 (Born 2012) Under 16 (Born 2011) Under 18 (Born 2009 & 2010) Under 20 (Born 2007 & 2008) Open (Born 2006 & older) Masters 35+ (Born 1991 & older) Parents & Coaches (Born 1995 & older)
Sprints	60m Parents & Coaches 100m U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open, Masters 200m U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open 400m U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
Distance	800m U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open 1200m U10, U11 1500m U12, U13, U14, U15, U16, U18, U20, Open 2000m U13, U14 3000m U15, U16, U18, U20, Open
Hurdles	80m Hurdles U13, U14, U15 Girls, U16 Girls 100m Hurdles U15 Boys, U16 Boys, U18 Girls, U20 Women, Open Women 110m Hurdles U18 Boys, U20 Men, Open Men 200m Hurdles U13, U14, U15, U16

	400m Hurdles	U18, U20, Open
Jumps	Long Jump	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
	Triple Jump	U13, U14, U15, U16, U18, U20, Open
	High Jump	U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
	Pole Vault	U16, U18, U20, Open
Throws	Shot Put	U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
	Discus	U13, U14, U15, U16, U18, U20, Open
	Javelin	U13, U14, U15, U16, U18, U20, Open
Relays	4x100	U10, U12, U14, U16, U18, U20, Open
	Mixed 4x100	Parents & Coaches
	Mixed 4x400	U15, Open
Age Group Note	The athlete's age on December 31, 2026 , determines his/her division.	
Event Notes	Athletes may compete in an event in an older division. Mixed 4x400 must have at least two females	
Packet Pickup	Coaches must pick up their team packet at the Chinguacousy Park Sandra Hames Centre. The building is located on the west side of the stadium. Athlete and coach wristbands will be in the team packages.	
Facility Rules	Only coaches and competitors warming up are permitted into the Curling Centre Field House. All competition areas are off-limits to non-competitors at all times. Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length. No pin-style spikes are allowed on the track. Only pyramid spikes will be allowed.	
Meet Admission	Entry to the stadium is by wristband only. Wristbands for athletes and coaches are included in the team's packet. Each team is allotted one coach wristband for every 10 registered athletes.	
Spectators	All spectators must watch the meet from the bleachers. General Admission Spectator passes are \$10 each day. A 3-day weekend pass is on sale for \$25. A 2-day pass is on sale for \$15. Children 6 years old and under are free. Wristbands for spectators are sold at the stadium entrance. The entrance to the stadium is on the North side.	
Schedule	A copy of the <u>Tentative</u> schedule is attached. Event times are approximate. The <u>Final</u> schedule will be posted online at www.flyingangels.ca and www.trackie.com and emailed to coaches on Wednesday, July 1, 2026.	
Warm Up Area	The Curling Center and the grassy area south of the stadium are available for athletes to warm up. Only athletes and coaches are allowed in the Curling Center field house warm-up area The Curling Center Fieldhouse is located west of the stadium. NO WARM-UP IS ALLOWED ON THE COMPETITION TRACK OR THE INFIELD. Athletes and teams are not allowed to camp out or loiter in the Curling Center Fieldhouse	
ACC & Check-In Procedure	The Athlete Control Centre (ACC) is located on the outside of the stadium to the southwest side. Athletes must check in at the Athlete Control Centre for all track events when the event is called Athletes will be escorted to their events by the Marshall Athletes should check in for the field events at the event area when the event is called	
Results	Live results will be available at flyingangels.ca and athletic.net Meet results will be posted at flyingangels.ca and trackie.com after the meet	
Awards	There will be a medal presentation ceremony after each event. The Awards Ceremony will take place in the Awards Tent located on the west side of the stadium.	

The top 8 finishers in each event final must proceed to the awards ceremony following the conclusion of their event.

- The Top 8 finishers in each event final receive a medal
- The top 5 teams with the most accumulated points overall receive a trophy
- Athletes who break a meet record will receive a plaque
- The athletes in each division who score the most points receive a trophy(tie-breaking procedure in effect)
- The male and female athletes who are voted the Most Outstanding Performer by the awards panel receive a trophy

Scoring	The top three finishers in each event will score points for their teams as follows: 1 st place (3 points), 2 nd place (2 points), 3 rd place (1 point)
False Start Rule	The false start rule follows those of the IAAF, with the following exception: in events staged for the U14 and younger 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	The athletes with the eight fastest times after the heats in the 100m, 200m, and Sprint Hurdles will qualify for the finals. If eight or fewer athletes are present at the clerking area for the heats of the 100m, 200m, or sprint hurdles event, then that race will be run as the finals.
Simultaneous Events	Athletes do not get any attempts to make up for the rounds they missed while competing in a simultaneous event. Athletes must join the event at the round being contested upon their return.
Late Arrival to an Event	Athletes arriving late for their field event may join the event in progress. However, they must start at the round being contested. Late-comers will not get a chance to warm up or "find their mark". They do not get any attempts to make up for the rounds they missed.
Long Jump Take-Off Board	All athletes must jump from the take-off board. Successful attempts are measured from the end of the take-off board. Athletes who step over the board during their attempt will be charged with a "fault".
Implements	Throwing implements will be provided by the meet management. Personal implements will be allowed and, once checked in, will be added to the competition equipment pool.
Parents & Coaches Race	There will be a Parents and Coaches 60m and Mixed 4x100 relay. Coaches & parents must be 30 years old or older to participate. There must be at least two females on each Parents and Coaches 4x100 relay team. These events are not scored, and no points will count toward the total team points.
Protest	All protests must be filed within 15 minutes of the official announcement or release of the results. If no protest is received within the above-mentioned time limit, the result as released will stand. If a protest changes the result, 15 minutes will be allowed following the announcement or release of the decision for an appeal to be brought forward. The Referee's decision may be appealed to the Jury of Appeal whose decision is final. The protest fee of \$100 will be returned if the protest is upheld.
Parking	Parking in Chinguacousy Park is limited. There is free parking in Chinguacousy Park and the nearby municipal lot at 100 Civic Drive and at the Bramalea Go Station. We recommend that you carpool and use the drop-off area on the North side of the stadium beside the library.
Hotels	Many hotels are within a 15-minute drive of Chinguacousy Park. Google "Chinguacousy Park" to see the list of nearby hotels or visit the meet website for more options.

IMPLEMENT SPECIFICATIONS

DIVISION	SHOT PUT	DISCUS THROW	JAVELIN THROW
U9 & U10 Girls	2.00 kg	N/A	N/A
U11 & U12 Girls	2.73 kg	N/A	N/A
U13 & U14 Girls	3.00 kg	0.75 kg	400g
U15 & U16 Girls	3.00 kg	1.00 kg	500g
U18 Girls	3.00 kg	1.00 kg	500g
U20 Women	4.00 kg	1.00 kg	600g
Open Women	4.00 kg	1.00 kg	600g
U9 & U10 Boys	2.00 kg	N/A	N/A
U11 & U12 Boys	2.73 kg	N/A	N/A
U13 & U14 Boys	3.00 kg	0.75 kg	400g
U15 & U16 Boys	4.00 kg	1.00 kg	600g
U18 Boys	5.00 kg	1.50 kg	700g
U20 Men	6.00 kg	1.75 kg	800g
Open Men	7.26 kg	2.00 kg	800g

HURDLES SPECIFICATIONS

Division	Distance	# of Hurdles	Height	Dist. to 1st Hurdle	Dist. between Hurdles
U13 & U14 Girls	80m	8	0.762m (30")	12.00m	7.50m
U15 & U16 Girls	80m	8	0.762m (30")	12.00m	8.00m
U18 Girls	100m	10	0.762m (30")	13.00m	8.50m
U20 Women	100m	10	0.840m (33")	13.00m	8.50m
Open Women	100m	10	0.840m (33")	13.00m	8.50m
U13 & U14 Boys	80m	8	0.762m (30")	12.00m	7.50m
U15 & U16 Boys	100m	10	0.840m (33")	13.00m	8.50m
U18 Boys	110m	10	0.914m (36")	13.72m	9.14m
U20 Men	110m	10	0.990m (39")	13.72m	9.14m
Open Men	110m	10	1.067m (42")	13.72m	9.14m

INTERMEDIATE HURDLES

U13 & U14 Girls	200m	5	0.762m (30")	20.00m	35.00m
U15 & U16 Girls	200m	5	0.762m (30")	20.00m	35.00m
U18 Girls	400m	10	0.762m (30")	45.00m	35.00m
U20 Women	400m	10	0.762m (30")	45.00m	35.00m
Open Women	400m	10	0.762m (30")	45.00m	35.00m
U13 & U14 Boys	200m	5	0.762m (30")	20.00m	35.00m
U15 & U16 Boys	200m	5	0.762m (30")	20.00m	35.00m
U18 Boys	400m	10	0.840m (33")	45.00m	35.00m
U20 Men	400m	10	0.914m (36")	45.00m	35.00m
Open Men	400m	10	0.914m (36")	45.00m	35.00m



TENTATIVE Schedule

**2026 FLYING ANGELS INTERNATIONAL
TRACK & FIELD CHAMPIONSHIPS**
Friday, July 3, 2026

Time	Event	Round	Age Group
4:00 PM	2000m	Finals	U13 Girls, U14 Girls
4:30 PM	2000m	Finals	U13 Boys, U14 Boys
5:00 PM	400m	Timed Finals	U16 Girls, U18 Girls, U20 Women, Open Women
5:30 PM	400m	Timed Finals	U16 Boys, U18 Boys, U20 Men, Open Men
6:00 PM	100m Hurdles (30')	Heats	U18 Girls
6:05 PM	100m Hurdles (33')	Heats	U20 Women, Open Women
6:15 PM	110m Hurdles (36")	Heats	U18 Boys
6:20 PM	110m Hurdles (39")	Heats	U20 Men
6:25 PM	110m Hurdles (42")	Heats	Open Men
6:30 PM	3000m	Finals	U15 Girls, U16 Girls, U18 Girls, U20 Women, Open Women
7:00 PM	3000m	Finals	U15 Boys, U16 Boys, U18 Boys, U20 Men, Open Men
7:30 PM	100m Hurdles (30')	Finals	U18 Girls
7:35 PM	100m Hurdles (33')	Finals	U20 Women, Open Women
7:40 PM	110m Hurdles (36")	Finals	U18 Boys
7:45 PM	110m Hurdles (39")	Finals	U20 Men
7:50 PM	110m Hurdles (42")	Finals	Open Men

Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws	Throws
3:00 PM		Long Jump U18 Girls 3:00	Long Jump U16 Girls 3:00		
3:30 PM					
4:00 PM	High Jump U18 Boys 4:00	Long Jump Open Women 4:30	Long Jump U20 Women 4:30	Shot Put (7.26 kg) Open Men 4:00	
4:30 PM				Shot Put (6.00 kg) U20 Men 5:00	
5:00 PM	High Jump U16 Boys 5:00	Long Jump Open Men 6:00	Long Jump U20 Men 6:00	Shot Put (5.00 kg) U18 Boys 6:00	
5:30 PM				Shot Put (4.00 kg) U20 & Open Women 7:00	
6:00 PM	High Jump U18 Girls 6:00				
6:30 PM		Long Jump U18 Boys 7:30	Long Jump U16 Boys 7:30		
7:00 PM	High Jump U16 Girls 7:00				
7:30 PM					
8:00 PM					
8:30 PM					



TENTATIVE Schedule

2026 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

Saturday, July 4, 2026

Time	Event	Round	Age Group
9:00 AM	1200m	Timed Finals	U10 Girls, U11 Girls
9:15 AM	1200m	Timed Finals	U10 Boys, U11 Boys
9:30 AM	80m Hurdles (30")	Heats	U13 Girls, U14 Girls
9:40 AM	80m Hurdles (30")	Heats	U13 Boys, U14 Boys
9:50 AM	80m Hurdles (30")	Heats	U15 Girls, U16 Girls
10:00 AM	100m Hurdles (33")	Heats	U15 Boys, U16 Boys
10:15 AM	1500m	Timed Finals	U12 Girls, U13 Girls, U14 Girls, U15 Girls
11:00 AM	100m	Heats	U8 Girls, U9 Girls, U10 Girls, U11 Girls, U12 Girls, U13 Girls, U14 Girls, U15 Girls
11:40 AM	100m	Heats	U16 Girls, U18 Girls, U20 Women, Open Women
12:10 PM	100m	Heats	U8 Boys, U9 Boys, U10 Boys, U11 Boys, U12 Boys, U13 Boys, U14 Boys, U15 Boys
12:50 PM	100m	Heats	U16 Boys, U18 Boys, U20 Men, Open Men
1:20 PM	1500m	Timed Finals	U12 Boys, U13 Boys, U14 Boys, U15 Boys
2:00 PM	OPENING CEREMONIES		
2:15 PM	80m Hurdles (30")	Finals	U13 Girls, U14 Girls
2:20 PM	80m Hurdles (30")	Finals	U13 Boys, U14 Boys
2:25 PM	80m Hurdles (30")	Finals	U15 Girls, U16 Girls
2:30 PM	100m Hurdles (33")	Finals	U15 Boys, U16 Boys
2:45 PM	1500m	Timed Finals	U16 Girls, U18 Girls
3:00 PM	100m	Finals	U8 Girls, U9 Girls, U10 Girls, U11 Girls, U12 Girls, U13 Girls, U14 Girls, U15 Girls
3:15 PM	100m	Finals	U16 Girls, U18 Girls, U20 Women, Open Women
3:25 PM	100m	Finals	U8 Boys, U9 Boys, U10 Boys, U11 Boys, U12 Boys, U13 Boys, U14 Boys, U15 Boys
3:40 PM	100m	Finals	U16 Boys, U18 Boys, U20 Men, Open Men
3:50 PM	100m	Timed Finals	Masters Women
3:55 PM	100m	Timed Finals	Masters Men
4:00 PM	1500m	Timed Finals	U16 Boys, U18 Boys
4:20 PM	400m	Timed Finals	U9 Girls, U10 Girls, U11 Girls, U12 Girls, U13 Girls, U14 Girls, U15 Girls
5:00 PM	400m	Timed Finals	U9 Boys, U10 Boys, U11 Boys, U12 Boys,, U13 Boys, U14 Boys, U15 Boys
5:40 PM	1500m	Timed Finals	U20 Women, Open Women
6:00 PM	1500m	Timed Finals	U20 Men, Open Men
6:20 PM	4x100 Relay	Timed Finals	U10 Girls, U12 Girls, U14 Girls, U16 Girls, U18 Girls, U20 Women, Open Women
6:40 PM	4x100 Relay	Timed Finals	U10 Boys, U12 Boys, U14 Boys, U16 Boys, U18 Boys, U20 Men, Open Men

TRACK EVENT START TIMES LISTED ABOVE ARE FOR GUIDANCE ONLY. THE EVENT WILL START AT THE CONCLUSION OF THE PREVIOUS EVENT!



TENTATIVE Schedule

2026 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

Saturday, July 4, 2026

Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws	Throws
9:00 AM	High Jump U20 & Open Men 9:00	Long Jump U15 Girls 9:00	Long Jump U14 Girls 9:00	Shot Put (2.00 kg) U9 & U10 Girls 9:00	Javelin (400g) U13 & U14 Girls 9:00
9:30 AM				Shot Put (2.00 kg) U9 & U10 Boys 10:00	Javelin (400g) U13 & U14 Boys 10:00
10:00 AM	High Jump U14 & U15 Boys 10:00	Long Jump U13 Girls 10:30	Long Jump U12 Girls 10:30	Shot Put (2.73 kg) U11 & U12 Girls 11:00	Javelin (500g) U15 / U16 / U18 Girls 11:00
10:30 AM				Shot Put (2.73 kg) U11 & U12 Boys 12:00	Javelin (600g) U15 & U16 Boys 12:00
11:00 AM	High Jump U12 & U13 Boys 11:00	Long Jump U11 Girls 12:00	Long Jump U10 Girls 12:00	Shot Put (3.00 kg) U13 & U14 Girls 1:00	Discus (2.00 kg) Open Men 1:00
11:30 AM				Shot Put (3.00 kg) U15 / U16 / U18 Girls 2:00	Discus (1.75 kg) U20 Men 2:00
12:00 PM	High Jump U10 & U11 Boys 12:00	Long Jump U15 Boys 1:30	Long Jump U14 Boys 1:30	Shot Put (3.00 kg) U13 & U14 Boys 3:00	Discus (1.50 kg) U18 Boys 3:00
12:30 PM				Shot Put (4.00 kg) U15 & U16 Boys 4:00	Discus (1.00 kg) U20 & Open Women 4:00
1:00 PM	High Jump U20 & Open Women 2:00	Long Jump U11 Boys 4:30	Long Jump U10 Boys 4:30		
1:30 PM					
2:00 PM	High Jump U14 & U15 Girls 3:00	Long Jump U13 Boys 3:00	Long Jump U12 Boys 3:00		
2:30 PM					
3:00 PM	High Jump U12 & U13 Girls 4:00	Long Jump U11 Boys 4:30	Long Jump U10 Boys 4:30		
3:30 PM					
4:00 PM	High Jump U10 & U11 Girls 5:00				
4:30 PM					
5:00 PM					
5:30 PM					



TENTATIVE Schedule

2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS Sunday, July 5, 2026

Time	Event	Round	Divisions
9:00 AM	200m Hurdles (30")	Timed Finals	U13 Girls, U14 Girls, U15 Girls, U16 Girls
9:15 AM	200m Hurdles (30")	Timed Finals	13 Boys, U14 Boys, U15 Boys, U16 Boys
9:30 AM	400m Hurdles (30")	Timed Final	U18 Girls, U20 Women, Open Women
9:45 AM	400m Hurdles (33")	Timed Final	U18 Boys
9:50 AM	400m Hurdles (36")	Timed Final	U20 Men, Open Men
10:00 AM	200m	Heats	U8 Girls, U9 Girls, U10 Girls, U11 Girls, U12 Girls, U13 Girls, U14 Girls, U15 Girls
10:50 AM	200m	Heats	U16 Girls, U18 Girls, U20 Women, Open Women
11:15 AM	200m	Heats	U8 Boys, U9 Boys, U10 Boys, U11 Boys, U12 Boys, U13 Boys, U14 Boys, U15 Boys
12:05 PM	200m	Heats	U16 Boys, U18 Boys, U20 Men, Open Men
12:30 PM	100m	Timed Finals	Parents & Coaches Women
12:35 PM	60m	Timed Finals	Parents & Coaches Men
12:45 PM	800m	Timed Finals	U9 Girls, U10 Girls, U11 Girls, U12 Girls, U13 Girls, U14 Girls, U15 Girls
1:45 PM	800m	Timed Finals	U16 Girls, U18 Girls, U20 Women, Open Women
2:20 PM	200m	Finals	U8 Girls, U9 Girls, U10 Girls, U11 Girls, U12 Girls, U13 Girls, U14 Girls, U15 Girls
2:35 PM	200m	Finals	U16 Girls, U18 Girls, U20 Women, Open Women
2:45 PM	200m	Finals	U8 Boys, U9 Boys, U10 Boys, U11 Boys, U12 Boys, U13 Boys, U14 Boys, U15 Boys
3:00 PM	200m	Finals	U16 Boys, U18 Boys, U20 Men, Open Men
3:10 PM	Mixed 4x100 Relay	Finals	Parents & Coaches
3:20 PM	800m	Timed Finals	U9 Boys, U10 Boys, U11 Boys, U12 Boys, U13 Boys, U14 Boys, U15 Boys
4:10 PM	800m	Timed Finals	U16 Boys, U18 Boys, U20 Men, Open Men
4:50 PM	Mixed 4x400 Relay	Finals	U15, Open
5:15 PM	Team Awards Ceremony		

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TENTATIVE Schedule

2026 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS
 Sunday, July 5, 2026

Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws	Throws
9:00 AM	Pole Vault U20 & Open Women 9:00	Long Jump U8 Girls 9:00	Long Jump U9 Girls 9:00	Javelin (800g) U20 Men & Open Men 9:00	
9:30 AM					
10:00 AM		Pole Vault U16 & U18 Girls 10:30	Long Jump U8 Boys 10:00	Long Jump U9 Boys 10:00	
10:30 AM	Triple Jump U12 & U13 Girls 11:00		Triple Jump U14 & U15 Girls 11:00	Javelin (600g) U20 & Open Women 11:00	
11:00 AM					
11:30 AM	Pole Vault U20 & Open Men 12:00	Triple Jump U16 & U18 Girls 12:30	Triple Jump U20 & Open Women 12:30		
12:00 PM					
12:30 PM		Pole Vault U16 & U18 Boys 1:30	Triple Jump U12 & U13 Boys 2:00	Triple Jump U14 & U15 Boys 2:00	
1:00 PM					
1:30 PM			Triple Jump U16 & U18 Boys 3:30	Triple Jump U20 & Open Men 3:30	
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					