



2026 ONTARIO SUMMER GAMES **ATHLETE INFORMATION PACKAGE**

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Contact Information:

Angela Whyte

Manager, High Performance

Athletics Ontario

angela.whyte@athleticsontario.ca

<http://athleticsontario.ca>

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Overview

The Ontario Summer Games is a provincial competition held every two years. The purpose is to provide U14, U16, and Para athletes an opportunity to represent their region of Ontario in a multi-sport competition and compete in a team setting. *This is a development team, and as such, athletes should fall within the appropriate athlete development category (Train to Train).*

General Information

This document provides information about the Athletics (track & field) competition at the 2026 Ontario Summer Games.

IMPORTANT DATES - PARA ATHLETES ONLY, ALL ZONES

DATES	DESCRIPTION	LOCATIONS/INFORMATION
April 1, 2026 - June 21, 2026	Para Athletes OSG Qualification Period	Submit performances on the OSG Declaration Form (see below)
June 14, 2026 11:59 p.m. ET	OSG Declaration Deadline Para Athletes	Para Athlete Declaration Link https://www.trackie.com/event/2026-ontario-summer-games-declaration-para-only/1037241/
June 17, 2026	Provisional Announcement OSG Zone Team Selection NOTE: All Para Athletes will be announced, including Zone 2 Para selections Appeals Open	Team lists will be published on the AO Website only. See Appeals section.
June 18, 2026 5 p.m. ET	Appeals close. Appeal fee due. (No late appeals accepted)	See Appeals section.
June 22, 2026 5 p.m. ET	OSG Fee Due	See Athlete Team Fee .
June 22, 2026 5 p.m. ET	Ontario Summer Games Participant Registration Deadline	Event Connect Coming soon from OSG (Link will be added here once received)
June 24, 2026	Final Announcement OSG Zone Team Selection	AO Website, <i>AO Weekly</i> newsletter, AO social media (IG & FB)
July 30 - August 1, 2026	Ontario Summer Games	Waterloo Region, ON

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IMPORTANT DATES - OSG Zones 1, 3, 4, 5, 6, 7, 8

DATES	DESCRIPTION	LOCATIONS/INFORMATION
June 12-13, 2026	OSG Zone Team Selection Meets (Able-bodied Athletes) Zones 1, 3, 4, 5, 6, 7, 8	Various Locations (See section: OSG Selection Meets)
June 14, 2026 11:59 p.m. ET	OSG Declaration Deadline All Athletes (No late declarations accepted)	Able-Body Athlete Declaration Link https://www.trackie.com/event/2026-ontario-summer-games-declaration-zones-1-3-4-5-6-7-8/1037243/
June 17, 2026	OSG Zone Team Selection Provisional Announcement Appeals Open	Team lists will be published on the AO Website only. See Appeals section.
June 18, 2026 5 p.m. ET	Appeals close. Appeal fee due. (No late appeals accepted)	See Appeals section.
June 22, 2026 5p.m. ET	OSG Fee Due	See Athlete Team Fee .
June 22, 2026 5 p.m. ET	Ontario Summer Games Participant Registration Deadline	Event Connect Coming soon from OSG (Link will be added here once received)
July 3, 2026	ALL OSG Zone Teams Final Announcement	AO Website, AO social media (IG & FB)
July 8, 2026		AO <i>Weekly</i> newsletter
July 30 - August 1, 2026	Ontario Summer Games	Waterloo Region, ON

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IMPORTANT DATES - OSG Zone 2 ONLY

DATES	DESCRIPTION	LOCATIONS/INFORMATION
June 27, 2026	OSG Zone Team Selection Meets (Able Bodied Athletes) Zone 2 only	St. Catherines, ON (See section: OSG Selection Meets)
June 27, 2026 7 pm ET	OSG Declaration Deadline Zone 2 athletes ONLY (No late declarations accepted)	Able Body Declaration Link https://www.trackie.com/event/2026-ontario-summer-games-declaration-zone-2-only/1037246/
June 29, 2026	OSG Zone 2 Team Selection Provisional Announcement Appeals Open	Team lists will be published on the AO Website only. See Appeals section.
June 30, 2026 5 p.m. ET	Appeals close. Appeal fee due. (No late appeals accepted)	See Appeals section.
July 1, 2026 5 p.m. ET	OSG Fee Due	See Athlete Team Fee section..
July 1, 2026 5 p.m. ET	Ontario Summer Games Participant Registration Deadline	Event Connect Coming soon from OSG (Link will be added here once received)
July 3, 2026	ALL OSG Zone Teams Final Announcement	AO Website, AO social media (IG & FB)
July 8, 2026		<i>AO Weekly</i> newsletter
July 30 - August 1, 2026	Ontario Summer Games	Waterloo Region, ON

Events Offered

	U14		U16		PARA (U25)	
	Female	Male	Female	Male	Female	Male
Sprints	80m 150m 300m	80m 150m 300m	100m 200m 300m	100m 200m 300m	100m WC & AMB 200m WC & AMB	100m WC & AMB 200m WC & AMB
Hurdles	80m H 200m H	80m H 200m H	80m H 200m H	100m H 200m H		
Endurance	800m 1200m	800m 1200m	800m 1200m 2000m 1500m SC	800m 1200m 2000m 1500m SC	800m wc	800m wc
Jumps	High Jump Long Jump	High Jump Long Jump	High Jump Long Jump Triple Jump Pole Vault	High Jump Long Jump Triple Jump Pole Vault	Long Jump AMB	Long Jump AMB
Throws	Shot Put Discus Javelin	Shot Put Discus Javelin	Shot Put Discus Javelin	Shot Put Discus Javelin	Shot Put Seated & AMB Discus Seated & AMB	Shot Put Seated & AMB Discus Seated & AMB

NOTE: The hammer throw will not be offered at the 2026 edition of the OSG due to the absence of the required throwing safety equipment/infrastructure.

Team Composition

Zone Teams

For the 2026 edition of the Ontario Summer Games (OSG), there will be eight (8) teams representing different areas, or zones, of the province. OSG Zone breakdowns follow the Ontario Legion Districts, with one exception*. The OSG zones are as follows:

- Zone 1 = Ontario Legion District A
- Zone 2 = Ontario Legion District B
- Zone 3 = Ontario Legion District C
- Zone 4 = Ontario Legion District D
- Zone 5 = Ontario Legion District E
- Zone 6 = Ontario Legion District F
- Zone 7 = Ontario Legion District G
- Zone 8* = Ontario Legion Districts H, K, and Northwest Ontario

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For a detailed view of the areas included within each Ontario Legion District, please visit the [Ontario Legion website](#) and click on the “*Find Your Local Branch*” map, located on the right side of the page. **(NOTE: For the OSG, the shaded Northwest Ontario area of the Ontario Legion Map will be absorbed into District H).**

Team Size

Each Zone Team will have thirty-four (34) athletes. Of that team total, each team will have two (2) designated Para spots. Should no Para competitors declare for or be re-allocated to a Zone Team, the available spots will be open to other athletes.

Athlete Eligibility

Athletes **must** meet the following to be eligible for selection:

1. Ages
 - a. U14 - Born 2014 or 2013 as of December 31, 2026.
 - b. U16 - Born 2012 or 2011 as of December 31, 2026.
 - c. Para (U30) – Born between 1997 and 2011 as of December 31, 2026.
2. Submit a **2026 Ontario Summer Games Athlete Declaration** by the deadlines outlined in this document (see ‘*IMPORTANT DATES*’ table in this document, p. 3-5).
3. Compete at their 2026 Ontario Summer Game Zone Selection meet (see [OSG Selection Meets](#) section of this document. *Para athletes exempt from the selection meets.*).
4. **Have a 2026 Athletics Ontario Membership.** Must have, at a minimum, an AO Training Membership. Athletics Ontario membership information is available [HERE](#). AO Membership must be obtained by the posted deadlines.
 - a. June 22nd, 2026, by 5 pm ET for Zones 1, 3, 4, 5, 6, 7, 8
 - b. July 1st, 2026, by 5 pm ET for Zone 2
 - i. *NOTE: athletes with an AO Training Membership will not be able to compete at any other AO Championships, or have their results listed in the Athletics Canada (AC) rankings. To compete at other AO Championships and/or be listed in the AC rankings, athletes must obtain a Full Year or Outdoor Competitive Membership.*
5. **Pay the Ontario Summer Games Team Fee by the posted deadlines.**
 - a. June 22nd, 2026, by 5 pm ET for Zones 1, 3, 4, 5, 6, 7, 8
 - b. July 1st, 2026, by 5 pm ET for Zone 2
6. **Fill out the Ontario Summer Games Registration Forms on Event Connect by the deadlines below.**
 - a. June 22nd, 2026, by 5 pm ET for Zones 1, 3, 4, 5, 6, 7, 8
 - b. July 1, 2026, by 5 pm ET for Zone 2

Athletes are ineligible to compete in the 2026 Ontario Summer Games if they have been a member of an Athletics Canada National team in 2025 or 2024.

Para Athlete Eligibility

1. All Para athletes must be either provisionally or nationally classified.
 - a. Exception - Wheelchair Racing, Frame Running and Seated Throws. Athletes in these events must:
 - i. have an underlying health condition, and
 - ii. have an eligible impairment according to WPA rules:
<https://www.paralympic.org/athletics/classification>
2. **Para athletes** must submit their best performances achieved between April 1st, 2026, and June 21st, 2026, on their 2026 Ontario Summer Games Athlete Declaration.

Note: Para athletes do not need to compete at any of the Ontario Summer Games (OSG) Zone Selection Meets.

- All eligible Para athletes will be considered for selection based on performances submitted during the Para Qualification Period (see 'IMPORTANT DATES - PARA ATHLETES ONLY, ALL ZONES on p. 3).

Athlete Selection Process

Athletes **must compete** at their Ontario Summer Games (OSG) Zone Selection Meet to be considered for selection to their OSG Zone Team.

Each OSG Zone Team athlete selection will be conducted solely by each OSG Zone Team Staff, using the following guidelines for athlete selection.

1. All athletes must have submitted an Ontario Summer Games Declaration by the deadline. **Athletes who do not declare by the declaration deadline are not eligible for selection, regardless of their participation in their Zone Selection Meet.**
2. Team Composition
 - a. Total number of athletes on each Zone Team: 34
 - b. Gender:
 - i. Maximum number of any gender shall not exceed eighteen (18), including Para athletes.
3. Para athlete spots should be selected first. If there are more than two (2) Para athletes who have declared for an OSG Zone Team, their performances will be compared using the RAZA scoring system.
4. All remaining spots will be selected based on performances at the OSG Selection Meets.
5. OSG Team Staff are advised to select declared athletes with the best performances from their selection meet to create the most competitive team at the Ontario Summer Games.
6. OSG Zone Team Staff must select from their OSG Selection Meet. Should not enough athletes declare and compete at an OSG Selection Meet, the remaining spots may be filled using a Wild Card Draft.
7. Relay teams will be selected by Zone Team Staff from the athletes who make their Zone Team in individual events.

Wild Card Draft

If there are not enough eligible athletes to be selected within an OSG Zone, the remaining spots may be filled by declared athletes from other OSG Zones. OSG Team Staff must exhaust all options to ensure athletes from their Zone have an opportunity to compete at the Ontario Summer Games. OSG Zone Team Staff may use the Wild Card Draft under the following circumstances:

- OSG Team Staff must first select their team from the pool of athletes that compete at their Zone Selection Meet and meet the athlete eligibility criteria outlined in this document.
- If there are no remaining eligible athletes after selecting the team, and other Zones still have remaining eligible athletes, the Zone Team Head Coach(es) may select athletes from the **Wild Card Draft**.
- Zone Team Head Coaches must send a Wild Card Draft request to the [Athletics Ontario HP Manager](#) for approval.
- Each Zone is limited to two (2) Wild Card Draft athletes.
- After using the two (2) Wild Card Draft selections, if there are still open spots, Athletics Ontario will select other wild-card-eligible athletes to fill the team(s).
- Once a Zone Team has been selected and announced, the Wild Card Draft option is closed to that team.

Open spots may only be filled by athletes who meet the following criteria:

1. Have submitted an Ontario Summer Games Athlete Declaration by the deadline.
2. Competed at their OSG Selection Meet for their Zone.
3. Were not selected for their OSG Zone Team.
4. Come from one of the neighbouring Zones with the highest number of declared athletes.
5. Wild Card Draft priority selection goes to eligible Para-athletes.

Athlete Selections Appeal

Athletes not selected to represent their Zone Team may appeal. Athletes may only submit an appeal based on the merits of the OSG Athlete Selection Process, as outlined in this document.

All appeals are subject to a \$100 appeal fee, plus taxes and administrative fees. If the athlete wins their appeal, the appeal fee will be applied to their OSG Team Fee.

Appeals must be received on the AO OSG Appeals document (available on request) by the following deadlines:

- June 18th, 2026, by 5 p.m. ET. for Zones 1, 3, 4, 5, 6, 7, 8
- June 30th, 2026, by 5 p.m. ET for Zone 2

The 2026 AO OSG Appeals form and Appeal Fee link may be requested by emailing angela.whyte@athleticsontario.ca

The appeal form and appeal fee must be submitted/paid by the communicated deadline(s). **Late appeals/fees will NOT be accepted. Late appeals will be automatically denied**

OSG Selection Meets

Athletes (U14 & U16) who want to be considered for selection to an OSG Zone Team must compete at the Royal Canadian Legion District Meet for their area.

Zone Team 8 selection will come from the District H and District K meets. Athletes from Northwest Ontario must compete at the Ontario Legion District H meet to be considered for OSG team selection.

Athletes will be selected based on their performances at their selection meet.

Para Exception

Para athletes are not required to compete at any of the Ontario Legion District meets. Para athletes will submit their best marks, via their OSG Athlete Declaration, achieved during the Para qualification period (April 1st, 2026 - June 21st, 2026), to be considered for selection.

Dates, locations, and registration links for the Ontario Legion District/Ontario Summer Games Selection meets are below.

OSG Zone Team	Qualification Meet	Date & Location	Registration Deadline & Registration Link
OSG Zone 1	Legion District A	June 12-13, 2026 Windsor, ON	June 9, 2026 at 11:59 p.m. ET https://www.trackie.com/event/royal-canadian-legion-district-a-ontario-provincial-qualifier-and-ontario-summer-games-qualifier/1036133/
OSG Zone 2	Legion District B	June 27, 2026 St. Catharines, ON	June 22, 2026 at 11:59 p.m. ET https://www.trackie.com/event/royal-canadian-legion-district-b-championships-and-ontario-summer-games-team-selection/1036526/
OSG Zone 3	Legion District C	June 13, 2026 Cambridge, ON	June 11, 2026 at 1:00 p.m. ET https://www.trackie.com/event/royal-canadian-legion-district-c-crystal-taylor-memorial-track-field-meet-2026-also-athletics-ontario/1030262/
OSG Zone 4	Legion District D	June 13, 2026 Toronto, ON	June 10, 2026 at 11:59 p.m. ET https://www.trackie.com/event/royal-canadian-legion-district-d-qualifier-ontario-summer-games-qualifier-2026/1037292/
OSG Selection Meet Information continued on next page			

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OSG Zone 5	Legion District E	June 13, 2026 Midland, ON	June 8, 2026 at 11:59 p.m. ET https://www.trackie.com/event/royal-canadian-legion-district-e-track-field-championships-ontario-summer-games-osg-selection-meet/1036647/
OSG Zone 6	Legion District F	June 13, 2026 Belleville, ON	June 10, 2026 at 11:59 p.m. ET https://www.trackie.com/event/royal-canadian-legion-district-f-ontario-provincial-qualifier-and-ontario-summer-games-qualifier/1036042/
OSG Zone 7	Legion District G	June 13, 2026 Brockville, ON	June 9, 2026 at 11:59 p.m. ET https://www.trackie.com/event/royal-canadian-legion-district-g-ontario-provincial-qualifier-and-ontario-summer-games-qualifier/1036718/
OSG Zone 8*	Legion District H	June 13, 2026 Sudbury, ON	June 10, 2026 at 7:00 p.m. ET https://www.trackie.com/event/royal-canadian-legion-district-h-ontario-provincial-qualifier-and-ontario-summer-games-qualifier/1035661/
OSG Zone 8	Legion District K	June 13, 2026 Timmins, ON	June 8, 2026 at 11:59 p.m. ET https://www.trackie.com/event/royal-canadian-legion-district-k-ontario-summer-games-qualifier/1036974/

****IMPORTANT: Northwest Ontario athletes must compete at the Legion District H meet to be eligible for OSG selection. All athletes from Northwest Ontario must register under Thunder Bay.***

Selected Athlete Responsibilities

All selected athletes must adhere to the following:

1. Abide by the AO and Ontario Summer Games Codes of Conduct.
2. Pay all fees (i.e., 2026 AO Membership and 2026 OSG Team Fee) to Athletics Ontario by communicated deadline(s).
3. Compete only in the sport of Athletics (track & field) at the 2026 Ontario Summer Games.
4. Compete for the Zone Team where they reside. Exceptions are Wild Card Draft athletes.

Ontario Summer Games Event Entry Rules

Each OSG Zone Team may enter two (2) athletes per event and one relay team. Athletes are allowed entry into a maximum of three (3) events per day of the Ontario Summer Games competition, and one (1) relay.

Travel and Accommodations

Travel

All participants are responsible for their travel to the Waterloo Region, ON. Travel assistance may be available for participants travelling more than 300 km from Waterloo Region, ON. Zone 8 athletes can speak to the Zone 8 Team Manager for travel information. Please inquire with the Athletics Ontario HP Manager, Angela Whyte, for more information.

Accommodations

Athletes and Team Staff will stay at the residences at Wilfrid Laurier University. All Ontario Summer Games participants (athletes and Team Staff) must stay in the Games residence from the time of team arrival on July 30th, 2026, until the time of team departure on August 1st, 2026.

Athlete Team Fee

All athletes selected for the 2026 Ontario Summer Games are required to pay a team fee of \$205, plus taxes and an administration fee. This fee covers the OSG fee, competition fee, accommodation, meals, and team gear.

Please note that the OSG Team fee *does not* include the required Athletics Ontario membership fee or fees associated with the OSG Selection Meets.

Fees are payable to Athletics Ontario via Trackie. The payment link will be sent to those athletes who are selected to their Zone Team. Payment must be received by the posted deadlines (see “*IMPORTANT DATES*” tables on p. 3-5). If payment is not received by the posted deadline, Athletics Ontario reserves the right to remove and replace the athlete(s).