



2026 FLYING ANGELS ONTARIO CUP

St. Marcellinus Secondary School
730 Courtney Park Drive, Mississauga, ON L5W 1L9

Sunday, August 16, 2026

TECHNICAL PACKAGE

Sanctioning

This meet is sanctioned by Athletics Ontario

Eligibility

All athletes are eligible to compete regardless of whether they are affiliated with a track club or a provincial association.

Registration

Online Registration is through trackie.com using the following link:

<https://www.trackie.com/event/2026FAOntarioCup/>

Entry Fee & Deadline

Regular Entry Deadline

Tuesday, August 11, 2026 @ 11:59 pm

Regular Entry Fee

\$20 per individual event / \$25 per relay

Late Entry Deadline

Wednesday, August 12, 2026 @ 11:59 pm

Late Entry Fee

\$25 per individual event / \$30 per relay

Enquiries

track@flyingangels.ca

Events Offered

U8 (Born 2019 & 2021)

100m, 200m, Long Jump (3 jumps only)

U10 (Born 2017 & 2018)

100m, 200m, 400m, 800m, Long Jump, Shot Put, 4x100 Relay

U12 (Born 2015 & 2016)

100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x100 Relay

U14 (Born 2013 & 2014)

100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x100 Relay

U16 (Born 2011 & 2012)

100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x100 Relay

Open (Born 2010 & Older)

100m, 200m, 400m, 800m, 1500m, Long Jump, Shot Put, 4x100 Relay

Results

Results will be posted at www.trackie.com after the meet

Warm Up

Athletes may warm up on the infield or on the grass outside the stadium.

Packet Pickup

Coaches must pick up their team packet at the Registration Tent located at the Northeast end of the track (near the finish line).

Schedule

A copy of the TENTATIVE schedule is attached. The FINAL schedule will be emailed after the final entry deadline. Even though the event start times may be listed, the meet is running on a rolling schedule. This means each event will start at the conclusion of the previous event.

Athlete Check-In Procedure

Athletes must check in for all track events at the Clerking Tent located in the middle of the infield.

Athletes should check in to their field events at the event area when called.

Check-in for all events will be announced over the P.A. system. No provisions will be made for athletes who missed their events after it has been called.

Spectators

Spectators are not allowed at the competition area. They must watch the meet from the stands or the designated spectator areas.

Awards

Medals will be presented to the 1st, 2nd, and 3rd place finishers in each event final. The 4th, 5th, and 6th place finishers will receive ribbons.

False Start Rule

In the U8, U10, U12, and U14 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

Athletes in the Intermediate and Open divisions will be disqualified from the event if they commit a false start.

Advancement To Finals In 100m Dash

The top eight times from the qualifying round of the 100m dash will advance to the Finals. Divisions where 8 or fewer athletes have checked in during the qualifying round will run that round as the Finals.

Simultaneous Events

There is no provision made for athletes who are competing in two or more events simultaneously.

Athletes do not get any additional time to "find their mark" if they arrive at the event after the time allotted for athletes to warm up.

Athletes will not get any additional attempts to make up for the rounds they missed. Athletes must join the event at the round being contested upon their arrival to the event.

Long Jump

The U8 division athletes will jump from a "board" that is marked 1m from the long jump pit. The measurement will be taken from the end of the "board" to the spot where the athlete lands. Athletes who step over the "board" will be assessed a fault.

All other athletes must jump from the designated take-off board.

2026 FLYING ANGELS ONTARIO CUP**ORDER OF EVENTS**

10:00 AM	1500m	Timed Sections
	400m	Timed Sections
	Awards presentation for 1500m & 400m	
	100m	Heats
	30-minute track break	
	100m	Finals
	800m	Timed Sections
	Awards presentation for 100m & 800m	
	200m	Timed Sections
	4 x 100 Relay	Finals
	Awards presentation for 200m & 4x100 Relay	

FIELD EVENTS

11:00 AM	Long Jump (All Girls)	Shot Put (All Boys)
	Awards presentation for Girls Long Jump	Awards presentation for Boys Shot Put
	Long Jump (All Boys)	Shot Put (All Girls)
	Awards presentation for Boys Long Jump	Awards presentation for Girls Shot Put

- *This is a Rolling Schedule. Events will begin at the conclusion of the previous event.*

ATHLETICS ONTARIO

RELEASE, WAIVER AND INDEMNITY

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the

2026 Flying Angels Ontario Cup Track Meet

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

Flying Angels Community Services
City of Mississauga
Earl Letford

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of those arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

_____	_____	_____
Date	Print Name	Signature
		(If under 18, parent or guardian or Power of Attorney to sign below.)

_____	_____	_____
Date	Print Name	Signature of Legal Guardian