2026 MTA WINTER WARMUP MEET

Saturday November, 21, 2026

Hosted by: Minor Track Association

Location: **Toronto Track and Field Centre**
231 Ian Macdonald Blvd, North York, ON

Sanctioned by: Minor Track Association Athletics Ontario

Meet Director: Carla Warwick Carla@mtaontario.com

Eligibility: Athletes registered with Minor Track Association for 2026

Non-members may participate but will pay an additional $5 fee

Regular Deadline: Wednesday November 18, 2026 @ 11:59 pm

Late Deadline: Friday November 20, 2026 @ noon
No changes will be made after this deadline.

Entry Fees: First event: $25.00 Subsequent events: $20.00

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

Online Registration: https://www.trackie.com/event/MTANovember2026
All entries are to be completed online at Trackie

Results: Will be posted at www.trackie.com and www.minortrack.com at the conclusion of the meet

Waiver: Mandatory for all athletes and to be completed online

Facility: Banked 5-lane, 200 m Conica (Sportica M) surface
Separate 8-lane, 60 m sprint strip outside of the oval track

Parking: Paid parking is available at the facility

Facility Access: Only officials, volunteers, registered coaches, and athletes competing are permitted into the Fieldhouse. Parents and supporters must watch the meet from the spectator gallery upstairs.

Coach Passes: Only coaches registered with MTA for 2026 will be issued a coaching pass to access the Fieldhouse. *No exceptions.*

Medical Personnel: Medical personnel will be on-site for the duration of the meet.

Events Offered:

For this meet we have decided to offer alternative distances rather than the usual track events.

Category	Birth Years	Events Offered
Peewee	Born 2020-2021	100 m, Long Jump (3 attempts only)
Mite	Born 2018-2019	100 m, 150 m, 300 m, 600 m Long Jump, Shot put (1.5 kg)
Tyke	Born 2016-2017	100 m, 150 m, 300 m, 600 m, 1000 m Long Jump, High Jump, Shot put (2 kg)
Atom	Born 2014-2015	100 m, 150 m, 300 m, 600 m, 1200 m, 2000 m Long Jump, High Jump, Shot put (2.73 kg)
Senior	Born 2012-2013	100 m, 150 m, 300 m, 600 m, 1200 m, 2000 m Long Jump, High Jump, Shot put (3 kg)
Intermediate	Born 2010-2011	100 m, 150 m, 300 m, 600 m, 1200 m, 2000 m Long Jump, High Jump, Shot put (3 kg girls/ 4 kg boys)
Youth	Born 2008-2009	100 m, 150 m, 300 m, 600 m, 1200 m, 2000 m Long Jump, High Jump, Shot put (3 kg girls/ 5 kg boys)

Shot Put Specifications:

Mite Girls & Boys	1.5 kg	Intermediate Girls	3 kg
Tyke Girls & Boys	2 kg	Intermediate Boys	4 kg
Atom Girls & Boys	2.73 kg	Youth Girls	3 kg
Senior Girls & Boys	3 kg	Youth Boys	5 kg

Facility Rules:

- Street shoes or boots are not allowed in the Fieldhouse;
- Food and drink are not allowed in the Fieldhouse;
- Entry to the Fieldhouse is by wrist band or bib number only;
- Spectators must watch the meet from the upstairs viewing gallery. No parents are allowed on the track level. Any unauthorized individuals in the Fieldhouse will be asked to leave; failure to do so will result in disqualification of your athlete(s).

Awards: Medals will be presented to the Top Three finishers in each event. 4th-6th place finishers will receive a ribbon.

The Top Three finishers will receive medals and will be called over to the awards table when ready.

The 4th-6th place finishers can pick up their ribbon at the Awards desk once results have been received.

False Start Rule: The False Start Rule follows those of the IAAF, with the following exceptions: in events staged for Peewee, Mite, Tyke, Atom, and Senior 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: Finals will be held for the 100 m Sprint only.

Six (6) or fewer heats: The top 8 times from the qualifying round will move to a single final.

Seven (7) or more heats: The top 16 times from the qualifying round will move to a two-section final (ie. A final and B final). Awards will be given to the top times between the two finals.

Horizontal Jumps: Peewee, Mite, Tyke, and Atom athletes will jump from a 1 m jump zone for the long jump. The jump zone may be marked with powder if allowed by the facility.

Senior, Intermediate, and Youth athletes must jump from the designated board.

All Triple Jump competitors must jump from the designated board(s).

High Jump: Each competitor will receive three attempts at each height. The starting height will be the lowest height requested by any competitor.

Height will increase be 5 cm increments until there are 3 jumpers left, or as otherwise determined by the discretion of the high jump official(s).

Number of Attempts: All competitors in throws or horizontal jumps will receive three preliminary attempts; the Top 8 will then receive 2 additional attempts each.

Simultaneous Events: It is impossible to schedule a meet where there are no conflicts for athletes who are competing in multiple events.

In general, track events take precedence over field events; however there are some important points to be aware of.

Athletes who are competing in two or more events simultaneously must check in to each event at the start of the event and inform the officials that they are competing in two or more events at the same time. The athletes will get a

chance to warm up and/or find their mark during the warm-up period allotted to all participants before they leave for the simultaneous event. They will not get any additional time to warm up or "find their mark" upon returning to the event.

Horizontal Jumps and Shot Put: Athletes in the **Mite, Tyke, Atom, and Senior** categories will receive all their preliminary attempts if they return to the event before the end of the preliminary rounds. They will receive two additional attempts if they qualify as one of the top eight finalists. The athlete must return before the end of the final round to receive the two additional attempts. Athletes will not receive any attempts if they return to the event after all other competitors have completed their attempts.

Athletes in the **Intermediate and Youth** categories do not get any attempts to make up for the rounds they missed while competing in simultaneous events. Athletes must join the event at the round being contested upon their return.

High Jump: Athletes must join the High Jump event where the bar is at the time of their return. The bar will not be lowered for an athlete in any division who missed the round while competing in a simultaneous event. Athletes will not receive any attempts if they return to the event after all other competitors have completed their attempts.

Volunteers:

We are in need of volunteers to assist officials with the efficient operation of this track and field meet. Possible jobs include raking, measuring, adjusting high jump standards, hurdle crew, etc.

Being a volunteer will allow parents to access the track level.

If you would like to volunteer please contact the MTA Board. Thank you.

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Saturday NOVEMBER 21, 2026

(Rolling Schedule: Each event will start after the previous event)

Morning Track Session				
9:00 am	1000 m	Timed Final	Tyke	Girls
9:10 am	1000 m	Timed Final	Tyke	Boys
9:20 am	1200 m	Timed Final	Atom / Senior / Intermediate / Youth	Girls
9:40 am	1200 m	Timed Final	Atom / Senior / Intermediate / Youth	Boys
10:20 am	100 m	Timed Final	Peewee	Girls
10:25 am	100 m	Timed Final	Peewee	Boys
10:30 am	100 m	Heats	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
11:00 am	100 m	Heats	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
11:30 am	300 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
12:00 pm	300 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
LUNCH BREAK (Approx 12:30-1:30 pm)				
Afternoon Track Session				
1:30 pm	100 m	Finals	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
1:45 pm	100 m	Finals	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
2:00 pm	2000 m	Timed Final	Atom / Senior / Intermediate / Youth	Girls
2:25 pm	2000 m	Timed Final	Atom / Senior / Intermediate / Youth	Boys
2:50 pm	600 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
3:20 pm	600 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys
3:50 pm	150 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls
4:30 pm	150 m	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Boys

Field Events				
Time	**High Jump**	**Horizontal Jumps Pit 1**	**Horizontal Jumps Pit 2**	**Shot Put**
9:00 am	Warm-ups open	Warm-ups open	Warm-ups open	Warm-ups open
9:30 am	Tyke Boys Atom Boys	Peewee Boys Long Jump	Peewee Girls Long Jump	Mite Girls + Boys
10:00 am				
10:30 am	Senior Boys Intermediate Boys Youth Boys	Mite Boys Long Jump	Mite Girls Long Jump	Tyke Girls + Boys
11:00 am				
11:30 am				Atom Girls + Boys
12:00 pm		Tyke Boys Long Jump	Tyke Girls Long Jump	
12:30 pm				Senior Girls + Boys
1:00 pm				
1:30 pm	Senior Girls Intermediate Girls Youth Girls	Atom Boys Long Jump	Atom Girls Long Jump	Youth Girls + Boys
2:00 pm				
2:30 pm				Intermediate Girls + Boys
3:00 pm	Tyke Girls Atom Girls	Senior Boys Long Jump Intermediate Boys Youth Boys Long Jump	Senior Girls Long Jump Intermediate Girls Youth Girls Long Jump	
3:30 pm				
4:00 pm				

***Note*: Schedule is tentative / approximate / estimated based on expected number of entries and length of time required to run the event. An updated and final schedule WILL be communicated prior to the meet based on the actual entries and heats/flights required and may, in some cases, change significantly. If there is need to change anything then we will provide as much notice as possible.**