



FINAL Competition Schedule

For live results and splits times visit: <https://bit.ly/2024-u16-u20>

Track	Ontario Indoor U16 & U20 Athletics Championships Saturday, March 2 Sections will run from SLOW to FAST Morning oval and straight away will occur simultaneously		
FACILITY OPENS TO TRACK ATHLETES AT 8:00AM			
Time	Event	Round	Age Group (# of athletes)
9:30	60m	*Prelims	U16 Girls (63)
9:55	60m	*Prelims	U16 Boys (37)
10:10	60m	*Prelims	U20 Women (55)
10:30	1500m Race Walk	Timed Finals	U16 Girls (2)
10:35	60m	*Prelims	U20 Men (106)
11:25	1500m	Timed Finals	U20 Women (69)
12:00	1500m	Timed Finals	U20 Men (102)
1:00	60m	*Finals	U16 Girls
1:10	60m	*Finals	U16 Boys
1:20	60m	*Finals	U20 Women
1:30	60m	*Finals	U20 Men
1:50	1200m	Timed Finals	U16 Girls (69)
2:15	1200m	Timed Finals	U16 Boys (45)
2:40	300m	Timed Finals	U16 Girls (60)
3:15	300m	Timed Finals	U16 Boys (42)
3:45	400m	Timed Finals	U20 Women (57)
4:00	RELAY CARDS DUE		
4:20	400m	Timed Finals	U20 Men (74)
5:20	SMR (200m-200m-400m-800m)	Timed Finals	U16 Girls (10)
	SMR (200m-200m-400m-800m)	Timed Finals	U20 Women (10)
5:50	SMR (200m-200m-400m-800m)	Timed Finals	U16 Boys (7)
	SMR (200m-200m-400m-800m)	Timed Finals	U20 Men (12)

* For a full breakdown of the qualification formulas, please review the technical package found on the championship website: <https://athleticsontario.ca/event/ontario-indoor-u16-u20-athletics-championships/> *

Coaches & Associates Passes:

Coaches and associates who would like access to the fieldhouse at the Toronto Track & Field Centre for the Ontario U16 & U20 Indoor Track & Field Championship must be registered with Athletics Ontario for the 2024 membership year – and be in good standing (“ISSUED”), which includes NCCP Safe Sport, Respect in Sport and their criminal records check.

NEW! For this championship, ALL coaches are encouraged to pre-register to receive their Coach Pass and/or the weekend’s wristband (required for all coaches) to make the process faster and more efficient. Coaches who do not pre-register will be able to receive their Coach Pass and/or wristband provided the above criteria are met.

- [Register HERE](#) by 10 a.m. on Friday, March 1st, 2024.
- Additional information can be found on our championship website.

Premier Partner



Partners & Suppliers



Revised: 27 February 2024



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Field	Ontario Indoor U16 & U20 Athletics Championships Saturday, March 2			
FACILITY OPENS TO FIELD ATHLETES AT 7:30AM				
Time	Throws	Horizontals: Pit 1	Horizontals: Pit 2	Vertical Jumps
8:00				
8:15				
8:30	Warmup			Warmup
8:45				
9:00	Weight Throw			High Jump
9:15	U16 (2) & U20 (10)			U16 Boys (7)
9:30	Boys & Men			9:00
9:45	9:00			
10:00				
10:15				
10:30		Warmup	Warmup	Warmup
10:45	Warmup			
11:00		Long Jump	Long Jump	High Jump
11:15	Shot Put	U20 Women (29)	U20 Women	U16 Girls (8)
11:30	U20 Men (11)	Flight 1	Flight 2	11:00
11:45	U16 Boys (4)	11:00	11:00	
12:00	11:15			
12:15				
12:30				
12:45				Warmup
1:00		Warmup	Warmup	
1:15				
1:30		Long Jump	Long Jump	Pole Vault
1:45		U16 Girls (26)	U16 Girls	U16 (0) & U20 (13)
2:00		Flight 1	Flight 2	Girls & Women
2:15		1:30	1:30	1:30
2:30				
2:45				
3:00		Warmup	Warmup	
3:15				
3:30		Triple Jump	Triple Jump	
3:45		U20 Men (13)	U16 Boys (6)	
4:00		3:30	3:30	
4:15				

Field athletes that do not check-in with officials during the warmup period (before the schedule start time of the event) will be scratched from their field event

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FINAL Competition Schedule

For live results and splits times visit: <https://bit.ly/2024-u16-u20>

Track	Ontario Indoor U16 & U20 Athletics Championships Sunday, March 3 Sections will run from SLOW to FAST Morning oval and straight away may occur simultaneously		
FACILITY OPENS TO TRACK ATHLETES AT 8:15AM			
Time	Event	Round	Age Group (# of athletes)
9:30	60m Hurdles (0.762m)	*Prelims	U16 Girls (11)
9:40	60m Hurdles (0.840m)	*Prelims	U20 Women (31)
10:00	60m Hurdles (0.840m)	*Prelims	U16 Boys (7)
10:10	60m Hurdles (0.990m)	*Prelims	U20 Men (16)
10:25	2000m	Timed Finals	U16 Girls (27)
10:45	2000m	Timed Finals	U16 Boys (26)
11:00	3000m	Timed Finals	U20 Women (39)
11:40	3000m	Timed Finals	U20 Men (67)
12:55	60m Hurdles (0.990m)	*Finals	U20 Men
1:00	60m Hurdles (0.840m)	*Finals	U16 Boys
1:05	60m Hurdles (0.840m)	*Finals	U20 Women
1:15	60m Hurdles (0.762m)	*Finals	U16 Girls
1:25	800m	Timed Finals	U16 Girls (75)
2:00	800m	Timed Finals	U16 Boys (44)
2:20	800m	Timed Finals	U20 Women (83)
2:55	800m	Timed Finals	U20 Men (113)
3:45	200m	Timed Finals	U16 Girls (76)
4:30	200m	Timed Finals	U16 Boys (42)
4:55	200m	Timed Finals	U20 Women (82)
5:40	200m	Timed Finals	U20 Men (90)

*As per Athletics Ontario Championship Procedures and Technical Rules: TR 217.1 In the 60m or 60mH, when there are as many, or less athletes than there are lanes on the track, two races will be conducted. The first race will be considered the championship event. The second race, originally scheduled as the final, will be a “second, non-championship” race. *

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FACILITY OPENS TO THROWS ATHLETES AT 7:45AM					
Time	Throws	Horizontals: Pit 1	Horizontals: Pit 2	Vertical Jumps	
8:00					
8:15					
8:30	Warmup				
8:45					
9:00	Weight Throw U16 (3) & U20 (15) Girls & Women 9:00			Warmup	
9:15					
9:30				High Jump U20 Men (16) 9:30	
9:45					
10:00					
10:15					
10:30	Warmup	Warmup	Warmup		
10:45					
11:00	Shot Put U20 Women (15) 11:00	Long Jump U20 Men (33) Flight 1 11:00	Long Jump U20 Men Flight 2 11:00	Warmup	
11:15					
11:30					High Jump U20 Women (16) 11:30
11:45					
12:00					
12:15					
12:30					
12:45					
1:00	Warmup	Warmup	Warmup		
1:15					
1:30	Shot Put U16 Girls (5) 1:30	Triple Jump U16 Girls (7) 1:30	Long Jump U16 Boys (17) 1:30	Warmup	
1:45					
2:00					
2:15					
2:30		Triple Jump U20 Women (15) 3:00		Pole Vault U16 (1) & U20 (11) Boys & Men 2:30	
2:45					
3:00					
3:15					
3:30					
3:45					
4:00					
4:15					

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