



YEAR IN REVIEW

2023-2024



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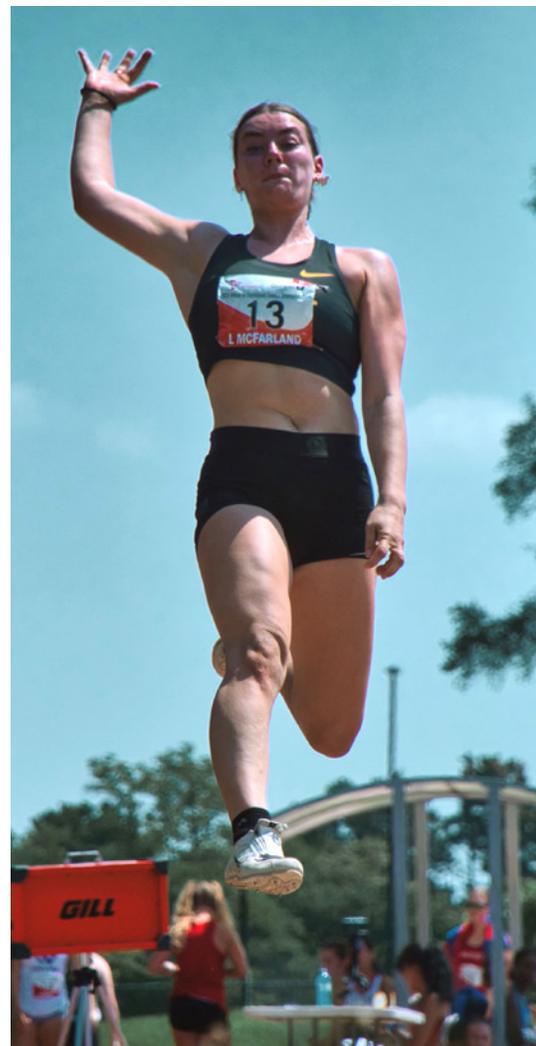
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Thank you to the outstanding photographers who captured our events: Flok Studio Sports, Action.Click.Photography, MGB4Sports, Athletics Canada, Conor Nesbitt, AO Media Team, Mundo Sport Images, Yonathan Kellerman

Message from the President and Chair of the Board, and Chief Executive Officer

As we reflect on the successes of the 2023-2024 season, it is with great pride that we present the **Athletics Ontario Year-End Report**. This year has been one of extraordinary growth, innovation, and achievement across all areas of our organization, from membership expansion to the development of our athletes, coaches, grants, and facilities.

Membership Growth and Impact

Membership growth remains a crucial indicator of Athletics Ontario's strength and vibrancy. We are pleased to report a **14% increase in membership** over the past year and a remarkable **50% growth** over the last four years. Our **grassroots** programs have expanded significantly, with over **50% growth** in the past year and **163%** over four years. Additionally, the introduction of our **Road and Trail** category in 2022 saw an astounding **480% increase** in 2023, reinforcing our commitment to broadening the reach and accessibility of our sport.

Grants and Their Impact

Athletics Ontario has also benefited from substantial government support this past year. A **\$160,000 federal grant** enabled us to implement a **new membership database** with enhanced functionality, ensuring our organization's future resilience, and launch a more comprehensive, structured **Officials Mentorship Program** to provide new Officials with the information, tools, and mentor support they need to develop. This funding also allowed us to **subsidize \$50,000 in membership fees**, easing the financial burden on our community. Additionally, through a **\$110,000 Canada Summer Jobs grant**, we hired **23** summer students, many of whom are AO members, providing valuable experience and support to our programs.

In 2023, AO distributed **\$25,000 in grants** to twelve clubs to support the expansion of grassroots programs, further enhancing the development of young athletes across the province.

Competitions and Participation

Our provincial championship events reached new heights in 2023, with **record-breaking participation** across the board. The indoor championship series saw a **22.5%** increase in participants, while the outdoor championships grew by **4.5%**. The cross-country championships saw the most dramatic growth, surging by **30.4%**. These numbers highlight the ever-expanding competitive landscape of Athletics Ontario. Additionally, road and trail races experienced a substantial boost, with over **100 AO-sanctioned events**, **40** of which offered exclusive registration discounts to AO members. This year's growth is a testament to the thriving passion for Athletics across the province.

Coach Development

Coach education remains a priority, with numerous **coach development courses** offered yearly. These courses saw robust participation, ensuring that our coaching community continues to grow and improve, providing our athletes with the best possible training and support.

Advocacy and Facility Development

Athletics Ontario continues to advocate for developing **new track and field facilities** across the province. In 2023, four local group efforts were actively working to bring new facilities to their communities, a crucial step toward expanding access to the sport at the grassroots level.

As we look ahead, we are energized by the progress made in 2023-2024. Together, we will continue to build on this momentum, creating even more opportunities for athletes, coaches, and communities across Ontario.

Thank you for your continued support, dedication, and passion for the sport. We are excited for what lies ahead as we continue **championing Athletics as "For you. For all. For LIFE."**



Dean Hustwick
President and Chair
of the Board



Paul Osland
Chief Executive
Officer

Who We Are

As an independent not-for-profit corporation, AO is overseen by a volunteer Board of Directors. The team also includes a full-time staff (currently eight), and several part-time staff, who conduct the day-to-day operations, as well as manage the initiatives during the indoor and outdoor seasons.

AO is recognized as the Provincial Sport Organization (PSO) for Athletics – track and field; cross country, road, trail and other running and walking; Para-Athletics; and any other events sanctioned by Athletics Canada – by the Ontario Ministry of Tourism, Culture and Sport.



As the PSO, AO is the governing body for Athletics in Ontario, and plays an essential role in developing the sport and encouraging participation across all ages and abilities in both the recreational and competitive streams.

Athletics in Ontario

Athletics is one of, if not the, most popular sports in Ontario and is one of the most diverse and inclusive sports. It includes a wide range of events, providing participation possibilities for people with different skills, strengths and interests. AO's activities impact all of the over 750,000 Ontarians who make up the province's Athletics community.

This community includes athletes, coaches, officials and volunteers from schools, colleges and universities; recreational and competitive clubs; and individuals who engage in Athletics on their own.

Key areas of activity originating from or through AO include advocacy on behalf of participants and the sport; coach and official education and certification; sanctioning of meets and events; developing a pathway for athletes; setting competition rules; connecting organizations involved in Athletics; and setting leading-edge policies to better the sport, such as safe sport, and diversity and inclusion.



Vision

**Athletics.
For You. For All.
For LIFE.**

Mission

Play a leadership role in fostering and growing participation, development, equity, and excellence in Athletics in Ontario.

Focus on all aspects of recreational and competitive Athletics.

Go beyond the field of play to emphasize the importance of long-term physical and mental well-being, and fundamental physical literacy for all participants.

Encourage participation in Athletics to create an extraordinary foundation of life skills including goal setting, a strong work ethic, teamwork, overcoming challenges, and having fun.

AO Values

These values are the threads of the fabric that make up the vibrant Athletics community. **AO is committed to upholding these values and fostering them in the sport of Athletics in Ontario and beyond.**

INCLUSIVITY

Leave no one out AO welcomes people of all different abilities, ages, economic, and social situations and of all racial, ethnic, cultural, gender, and sexual identities.

SAFETY

All participants must be and feel safe AO believes that all participants in Athletics have the right to participate in a physically and personally safe environment, where support and respect are the governing principles – and that all participants must have an effective way to raise safety concerns.

PERSONAL SATISFACTION

Positive experiences, achievement, and health AO believes that participation in Athletics should be a positive experience involving fun, challenge, and achievement – and is an important lifetime pursuit leading to better physical, mental, and emotional health and well-being.

EXCELLENCE

Always strive for excellence AO pursues excellence in all it does, from the performance of athletes, coaches, officials, volunteers, and its member clubs, to care for the environment, to its own governance and stewardship of its resources and people.

INTEGRITY

We do as we say AO believes that honesty and ethical behaviour are the cornerstones of proper and successful participation in Athletics.



Strategic Priorities

🏆 Demonstrate Leadership for Athletics in Ontario

There are many different organizations involved in Athletics in Ontario. Many are small, and many are dependent on significant volunteer support. Organizational and management matters and priorities are a constant challenge. **AO has an important role to play in assisting and supporting these organizations, and showing leadership in developing and adopting best practices.**

- Be A Strong Advocate and Expert Voice
- Promote New and Enhanced Athletics Facilities
- Online Hub
- Discipline and Dispute Resolution
- Upgrade Coach and Official Certification

🏆 Build Engagement with Ontario's Athletics Community

Athletics includes a large number of activities organized by many different groups, some of which are connected to AO and many of which are not, creating a challenging maze to navigate. **It is critical that AO build solid working relationships with these various groups to support and help coordinate efforts for the benefit of Athletics and its participants.**

- Build Positive Relationships
- Promote Inclusion and Safe Sport
- Promote A Positive Environment
- Enhance the Spectator and Volunteer Experience
- Enhance Opportunities for Underserved and Remote Communities

🏆 Expand Athletics Ontario's Resources

The AO mandate is very broad. More resources would allow AO to focus – or focus more deeply – on additional strategic activities. **AO also requires additional resources to develop and maintain a competitive compensation program to be able to successfully recruit and retain highly-qualified, committed and skilled staff.**

- Develop a New Alum Program
- Seek Sponsorships and Partnerships
- Public Relations and Fundraising Events
- Increase AO Membership



2023-2024 YEAR-END REPORT

SPORT DEVELOPMENT

- Athlete
- Coach
- Official



Athlete Development

Ontario High-Performance Sport Initiative

The OHPSI program was established to build a robust provincial high-performance sports system to provide athletes and coaches with the essential support and resources needed to succeed at national and international levels. Central to this initiative is the mission to identify and develop Ontario's most talented athletes, guiding them toward future success on senior national teams. This effort spans the Olympic pathway for able-bodied athletes and the Paralympic journey, ensuring inclusive support for all classifications of Para athletes. The OHPSI team was selected in February 2024.

Number of Athletes

Team AO Elite

- Olympic Path
- Female: 10 | Male: 12
- Paralympic Path
- Female: 1 | Male: 2

Team AO Development

- Olympic Path
- Female: 6 | Male: 6
- Paralympic Path
- Female: 1 | Male: 2



OHPSI TEAM DEMOGRAPHIC					
	Team AO Elite		Team AO Development		Totals
	Olympic Path	Paralympic Path	Olympic Path	Paralympic Path	
Males	12	2	6	2	22
Females	10	1	6	1	18
Sprints	4	2	6	3	15
Hurdles	2	0	1	0	3
Jumps	3	0	0	0	3
Throws	2	1	0	0	3
Middle Distance	8	0	5	0	13
Long Distance	1	0	0	0	1
Combined Events	2	0	0	0	2

Team Ontario National Cross-Country Team

- U18 Girls | 3rd Overall | Athletes in top 10: **1**
- U18 Boys | 1st Overall | Athletes in top 10: **5**
- U20 Women | 2nd Overall | Athletes in top 10: **2**
- U20 Men | 2nd Overall | Athletes in top 10: **2**
- Open Women | 2nd Overall | Athletes in top 10: **1**
- Open Men | 2nd Overall | Athletes in top 10: **3**

Ontario Top Performers/Individual Champions

- U18 Girls **Eleanor Voykin** 1st
- U18 Boys **Travis Gaffney*** 1st
- U20 Women **Emily Cescon*** 4th
- U20 Men **Heath McAllister** 4th
- Open Women **Mikaela Lucki*** 4th
- Open Men **Andrew Davies*** 4th

*Represented Team Ontario in the branch competition.



Athlete Support

Direct-to-athlete **Quest for Gold** funding:

- **\$208K** in funding for three programs in the high-performance space:
 - ON vs. QC U16 Dual Championship Cup Meet
 - Support for therapy lead at 2024 Provincial Championships and 2024 National Championships
 - Direct-to-athlete funding for **79** AO athletes:
 - **25 AO Full Cards**
 - **\$4,000/athlete** | **2** Para Card | **1** Injury Card | Amount: **\$100K**
 - **54 Half Cards**
 - **\$2,000/athlete** | Amount: **\$108K**
- Access to the Canadian Sport Institute Ontario (CSIO) - clinics, workshops, injury screening, doctors/physiotherapy.
- IST support at major competitions.

HP Competition Opportunities

- Three high-performance competitions held by AO for Olympic hopefuls.
 - **Johnny Loaring Classic** (Windsor, ON)
May 20th, 2023
 - **Bob Vigers Classic** (London, ON)
May 28th, 2023
 - **Royal City Inferno** (Guelph, ON)
June 21th, 2023





AO Athlete Records

2023 Outdoor

- Female: **23** provincial | **6** national | **8** national Para
- Male: **8** provincial | **5** national Para
- OFSAA: **6**

2024 Indoor

- Female: **18** provincial | **5** national
- Male: **15** provincial | **5** national

Development Opportunity

Hosted Team Québec for the **2024 ON vs. QC U16 Dual Championship Cup** on February 10th, 2024, at the Toronto Track & Field Centre

- Athletes: **47** | Female: **26** | Male: **21**
- Team Staff: **5** | Female: **2** | Male **3**
- By a margin of nine points (263.5 vs. 254.5) - Team Québec claimed victory over Team Ontario.

Becoming Para Ready

Hosted the 2023 **Becoming Para Ready Symposium** in partnership with Athletics Canada.

- **32** participants | **\$7,500** Ontario Para Collective Grant | **\$1,500** AC Para Grant
- **Key learning #1** – Exposed the continued need for future Becoming Para Ready events for AO clubs
- **Key learning #2** – Officials found it beneficial to have a Para event to officiate immediately after the Para education
- **Key learning #3** – Participants enjoyed the athlete panel session

Coaching Development

As the provincial governing body for Athletics, Athletics Ontario oversees a wide range of training and evaluation programs for coaches at different levels. These include community sports instruction through the **Run Jump Throw Wheel** program and the **Sport Coach** and **Club Coach** levels within the Coaching Pathway. Ongoing professional development and active coaching ensure continued certification maintenance.

In partnership with the **Ontario Physical Activity Safety Standards in Education (OPASSE)**, Athletics Ontario also offers safety workshops for elementary and high school coaches, focusing on high-risk events like hurdles, steeplechase, throws, and vertical jumps.

Athletics Canada handles training and certification at the higher **Competition Development (Performance Coach)** level. The **NCCP** model differentiates between training and certification, encouraging coaches to gain “trained” status through targeted opportunities. Since January 1st, 2020, Athletics Ontario has required standardized Club Coach Certification for all coaches involved in AO events.

The following coaches became **NCCP Athletics Coach** certified between April 1st, 2023, and March 31st, 2024.

48 Certifications (44 coaches)

- **Run Jump Throw Wheel: 4**
Female: 2 | Male: 2
- **Sport Coach: 3**
Female: 1 | Male: 2
- **Club Coach Jumps: 9**
Female: 4 | Male: 5
- **Club Coach Endurance: 15**
Female: 5 | Male: 10
- **Club Coach Sprints/Hurdles: 5**
Female: 1 | Male: 4
- **Club Coach Throws: 6**
Female: 3 | Male: 3
- **Performance Coach Jumps: 1**
Male: 1
- **Performance Coach Endurance: 3**
Female: 1 | Male: 2
- **Performance Coach Sprints/Hurdles: 2**
Male: 2



Between April 1st, 2023, and March 31st, 2024, AO delivered the following **NCCP training opportunities**.

- **NCCP Make Ethical Decisions:**
June 3, 2023
13 coaches (Male: 13)
- **NCCP Run Jump Throw Wheel** online:
June 20 & 22, 2023
6 coaches (Female: 2 | Male: 4)
- **NCCP Foundations of Coaching** online:
July 4 & 6, 2023
9 coaches (Female: 4 | Male: 5)
- **NCCP Foundations of Coaching** online:
August 29 & 31, 2023
8 coaches (Female: 4 | Male: 4)
- **NCCP Club Coach Endurance** online:
September 26 & 28, 2023
13 coaches (Female: 6 | Male: 11)
- **NCCP Club Coach Throws** online:
September 26, October 3, 10 & 15, 2023
7 coaches (Female: 3 | Male: 4)
- **NCCP Club Coach Jumps** online:
October 14 & 15, 2023
6 coaches (Female: 2 | Male: 4)
- **NCCP Performance Coach Endurance:**
October 20 & 23, 2023
9 coaches (Female: 2 | Male: 5)
- **NCCP Performance Coach Sprints/
Hurdles:** October 20 & 23, 2023
4 coaches (Male: 4)
- **NCCP Performance Coach Combined
Event:** October 20 & 23, 2023
7 coaches (Female: 1 | Male: 6)
- **NCCP Foundations of Coaching** online:
October 24 & 31, 2023
6 coaches (Male: 6)
- **NCCP Run Jump Throw Wheel** online:
November 7 & 9, 2023
12 coaches (Female: 7 | Male: 5)
- **NCCP Club Coach Sprints/Hurdles** online:
November 11 & 12, 2023
14 coaches (Female: 4 | Male: 10)
- **NCCP Foundations of Coaching** online:
November 28 & 30, 2023
13 coaches (Female: 7 | Male: 6)

- **Athletics Canada Road Running:**
December 10 & 17, 2023
15 coaches (Female: 9 | Male: 6)
- **NCCP Club Coach Endurance** online:
February 27 & 29, 2024
24 coaches (Female: 13 | Male: 11)
- **NCCP Club Coach Jumps** online:
March 30 & 31, 2024
9 coaches (Female: 4 | Male: 5)
- **NCCP Run Jump Throw Wheel** online:
March 20 & 21, 2024
10 coaches (Female: 7 | Male: 3)
- **NCCP Foundations of Coaching** online:
February 26 & 28, 2024
8 coaches (Female: 2 | Male: 6)

Between September 1st, 2023, and March 31st, 2024, the **Athletics Ontario Field/Para Events Mentorship Program** had the following mentor and mentee participants:

- **Three Mentors** (Female: 1 | Male: 2)
- **Six Mentees** (Female: 4 | Male: 2)

A total of \$500 was given to each mentor per mentee, with mentees receiving up to \$450 to apply toward coaching education. The total funds dispersed were **\$5,700**. Below is the breakout of mentors/mentees.

- **Para:** Two Mentees
- **Throws:** Two Mentees
- **Jumps:** Two Mentees



Officials Development

Upholding high officiating standards is fundamental to athletic excellence. Officials are essential in enforcing the international rules that govern the sport of Athletics, ensuring fairness and consistency across all levels of competition. As highly skilled volunteers, their invaluable contributions are crucial to the sport's ongoing development and success.

Athletics Ontario sincerely thanks its officials for their unwavering dedication and professionalism. Their generous commitment of time and expertise has a lasting positive impact on athletes of all ages, from grassroots participants to elite Olympians.



Officials Questionnaire

Athletics Ontario Officials saw registration numbers **exceed 160 members**, with participation levels ranging from highly active to less engaged. The **2023 Officials Questionnaire**, with a strong **43%** participation rate, provided valuable feedback on the Athletics' officiating experience. An impressive **93%** of respondents reported personal satisfaction from their involvement, showcasing their passion for the sport and commitment to supporting athletes. However, **7%** of Officials noted feelings of undervaluation and inadequate peer acceptance, highlighting areas for improvement.

The survey revealed a need for **enhanced support and development opportunities**, including skills-based training for personal and professional growth. It also underscored the importance of improved communication through newsletters and the AO website. Concerns regarding competition experience, transparency, and recognition guided AOOEC's **2024 Priority Plan**, which will focus on improving support, development, communication, and recognition to enhance Ontario's Technical Officials' overall experience and satisfaction and foster a thriving Athletics community.

Clinics and Training Opportunities

Athletics Ontario Officials' training now includes virtual clinics, interactive discussion groups, and convenient eLearning modules. A mix of in-person and virtual training, including clinics, development sessions, courses, and workshops, has significantly expanded the number of training sessions and certification clinics available to Ontario Officials.



Over **45** Technical Officials completed Level 3 and Level 4 clinics:

- **Level 4 National Clinics by Discipline**

- Combined Events Referee
- Field Referee Jumps
- Field Referee Throws
- Track Referee
- Horizontal Jumps
- Starter
- Starter Assistants
- Throws
- Umpire

- **Level 3 Clinics by Discipline**

- Field Referee
- Track Referee
- Horizontal Jumps
- Photo Finish Operator
- Starter
- Starters Assistants
- Throws
- Umpire
- Vertical Jumps

In-person Training Sessions

- AC Road, Mountain and Trail Technical Delegate Course (Toronto) **5**
- AOO Introductory Clinic (Hamilton) **14**
- Para Athletics Clinic (Toronto) **12**

On Offer Virtually This Past Year

- AOO Introductory Clinic: **3** virtual clinics / **43** participants
- AOO Development Sessions (Starter, Umpire & Pole Vault): 3 virtual sessions / **75** participants
- eLearning - Officials 101: **33** participants (ON)
- eLearning - Officials 201: **26** participants (ON)

Mentor Program

In 2023, thanks to a **Community Services Recovery Fund** grant, our Officials group embarked on an exciting journey to develop the **Evolution Revolution Mentorship Program**. This comprehensive initiative has involved exploring innovative recruitment methods, updating training modules, and creating new materials for Officials. A structured intake and management program was established to provide new Officials with essential information, tools, and mentorship, with the program set to continue to grow and adapt.

The Officials group is:

- **Investing** in the expansion and modernization of programs, including new training opportunities, virtual events, and initiatives to engage and motivate new and current Officials.
- **Enhancing** provincial outreach to ensure broader access to our programs, including targeted efforts to increase participation in underserved regions.
- **Supporting** capacity-building within our organization through skill-improving training for current Officials, ensuring they are well-equipped to meet the needs of competing athletes.
- **Facilitating** new partnerships and collaborations with community organizations to leverage additional resources and expertise, further enriching the support available to Officials.

The **Athletics Ontario Officials** group remains dedicated to advancing officiating in Athletics and supporting athletes across Ontario.

Certification / Upgrading

A variety of local, provincial, and national competitions provide Officials with valuable hands-on experience and crucial mentoring. These events allow seasoned and novice Officials to be evaluated and supported as they develop. Notable **national evaluations** occurred at the Indoor National Championships, Ontario University Championships, and the Royal Canadian Legion Youth National Championships. Over the past year, many Officials successfully upgraded their certification levels across multiple disciplines.

- Level 1: **3** Officials
- Level 2: **6** Officials
- Level 3: **6** Officials
- Level 4: **4** Officials
- Level 5: **3** Officials
- National Level: **1** Official



Officiating Outside of Ontario

This past year, Ontario Officials officiated at events beyond the province, enhancing their skills, gaining valuable experience, and sharing their expertise in assessing other Officials. Several have also been selected for Canadian Championships, World Athletics or World Para Athletics competitions. These experiences not only allow Ontario Officials to excel but also provide them with valuable insights they can share with their colleagues. Notable competitions include:

- Canadian University Championships (Winnipeg, MB): **4**
- Canadian Indoor National Championships (Montréal, QC): **12**
- Canadian Masters Championships (Montréal, QC): **3**
- Canadian National Championships (Langley, BC): **1**
- Royal Canadian Legion Youth National Championships (Sherbrooke, QC): **4**
- Knights of Columbus (Saskatoon, SK): **1**
- McGill Challenge (Montréal, QC): **2**
- Commonwealth Youth Championships (Trinidad & Tobago): **1**
- Para Pan American Games (Santiago, Chile): **2**
- World Athletics Championships (Budapest, Hungary): **1**
- WPA Grand-Prix (Mexico): **1**
- World Indoor Masters Championships (Poland): **3**





Awards

The unwavering dedication of volunteer Technical Officials is essential to the success of our sport. We deeply appreciate their invaluable contributions, which elevate our sport to new levels of excellence and set a high standard of professionalism for our athletes. Thank you to all the Officials for their tireless efforts and commitment.

In 2023, there were several AO Technical Officials recognized for their exceptional contribution to our sport at the provincial and international levels:

- The **Ontario Volunteer Service Award**: 10 Officials respectively received one for 10-year recognition, seven for 15-year recognition, and three for 20-year recognition.
- The **AO Officials of the Year Award** was presented to **Lisa Ferdinand**.
- **World Athletics Four Decades of Influential Women - Abby Hoffman** and **Lisa Ferdinand** were among 40 women globally recognized for their significant impact on our sport.

Immerse yourself in the thrill of a track meet and become part of the vibrant Athletics community! At Athletics Ontario, we're dedicated to supporting the development of our Technical Officials. If you're passionate about the sport or eager to make a difference in your community, this is your chance to get involved. Join us to learn, grow, and play a vital role in shaping the future of Athletics!

PARTICIPATION

- Membership
- Grassroots
- Masters Athletes
- Road, Trail & Other
Non-Competitive



Membership

Athletics Ontario offers membership across various categories, ranging from youth athletes in the U8/U10/U12 (Rising Stars) divisions to the U20 and Open categories, as well as Masters athletes (ages 30-90+) and Para athletes. Membership also extends to officials, volunteers, clubs, and road and trail organizations. Individuals can join Athletics Ontario either through an AO-affiliated club, a road and trail organization, or as an unattached athlete.

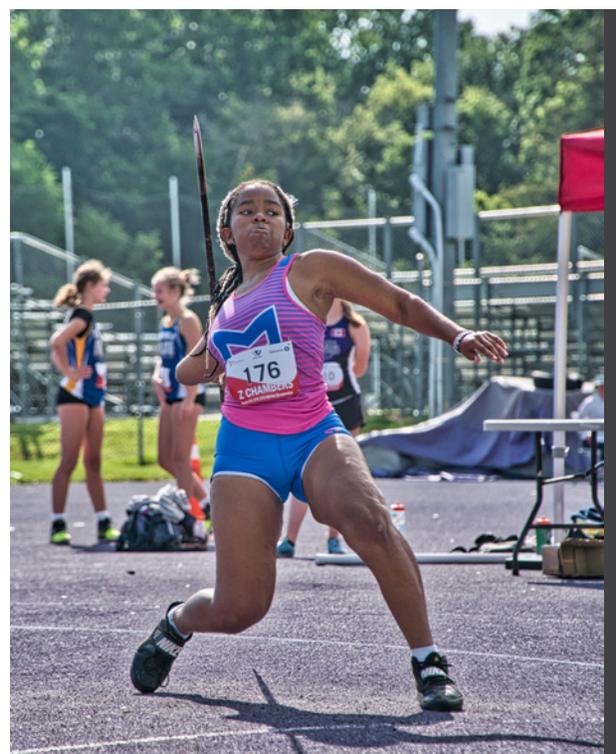
MEMBERSHIP STATISTICS

	2022	%	2023	%	% Change
Male	4,335	52%	4,980	53%	15%
Female	4,003	48%	4,491	47%	12%
TOTAL	8,338		9,471		14%

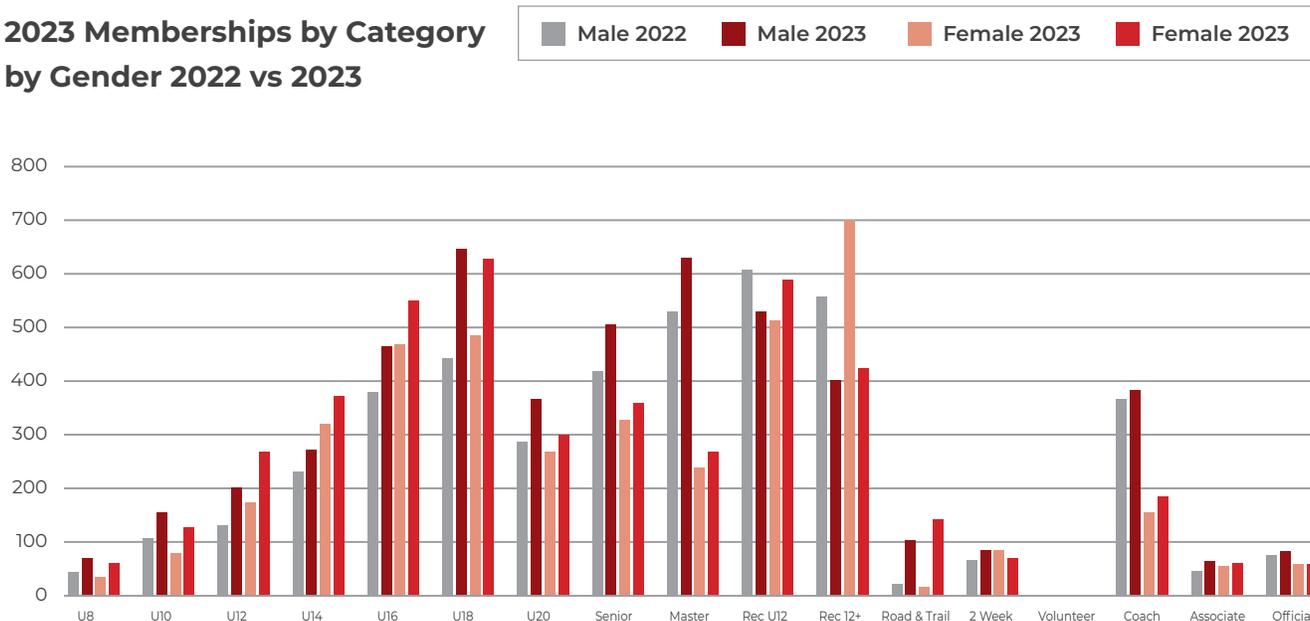
*Includes two-week trial & volunteers.

MEMBERSHIP BREAKDOWN

Category	2022	2023	% CHANGE
TOTAL	8,183	9,306	14%
U8	83	132	59%
U10	190	284	49%
U12	309	472	53%
U14	556	648	17%
U16	847	1,018	20%
U18	929	1,278	38%
U20	559	669	20%
Open	748	866	16%
Masters	770	901	17%
Road & Trail	43	249	479%
Coach	525	570	9%
Official	138	145	5%
Associate	104	127	22%
Recreational	1,259	1,117	-11%
Recreational (U12)	1,123	830	-26%



2023 Memberships by Category by Gender 2022 vs 2023



Club Statistics

Every member club, regardless of its size, plays a crucial role in advancing the sport of Athletics. These clubs, which nurture budding talents and support elite athletes alike, are the backbone of their communities. Driven by the tireless commitment of volunteers—from dedicated parents to passionate coaches and officials—they are the true heartbeat of the sport.

TOP 5 CLUBS BY NUMBER OF MEMBERS

Club Name	2023
1 London Western T.F.C.	584
2 Blue Devils Athletics Club	532
3 Royal City Athletics Club	340
4 Ottawa Lions T.F.C.	315
5 Kind Vibe Kids	305

As we celebrate our **Top 5 Clubs**, it's essential to recognize the outstanding achievements of all member clubs. AO sincerely appreciates their steadfast contributions to the sport, the athletes, and the communities they support.

TOP 5 CLUBS BY INCREASE VS. PRIOR YEAR

Club Name	2023	2022	'22 vs '23 GROWTH
1 London Western T.F.C.	584	328	256
2 Toronto West Athletics	254	161	93
3 Border City AC	208	132	76
4 Blue Devils Athletics Club	532	458	74
5 Royal City Athletics Club	340	266	74

TOP 5 CLUBS BY % INCREASE

Club Name	2023	2022	'22 vs '23 % CHANGE
1 Kingston Track & Field Club	111	46	141%
2 London Western T.F.C.	584	328	78%
3 Project Athletics Track and Field Program	54	31	74%
4 Toronto West Athletics	254	161	58%
5 Border City AC	208	132	58%



2023 Clubs & Race Organizations

Athletics Ontario is a not-for-profit Provincial Sport Organization (PSO), and member branch of Athletics Canada. Many of our individual members are registered with an Athletics Ontario affiliated club. The following is a list of clubs and road & trail organizations registered with Athletics Ontario in 2023.

- 310 Running
- Abell-Lisgar Athletic Club & ROI
- Airblastoff Lion
- Athletics Niagara
- Belleville Runner's Club
- Bisons Track Club
- Blacktoe Running
- Blue Devils Athletics Club
- Boardwalk RC
- Bolton Pole Vault
- Bomb Fitness
- BOOST Athletics Club
- Border City AC
- Brampton Elite Track Club
- Brampton Racers Track & Field Club
- Brampton Track Club INC.
- Brantford T.F.C.
- Brockville Legion Track Club
- Burlington Runners Club
- Burlington Track & Field Club
- Bytown Walkers
- C.A.N.I. Athletics
- Central Toronto Athletic Club
- Centro Scuola T.F.C.
- Club d'Athlétisme Les Roadrunners
- Cruisers Sports
- Dorchester Pole Vault Club
- Dundas Valley Track Club
- Durham Dragons Athletics
- Durham Legion Athletics
- Eclipse Track & Field Club
- Endurance Event Productions
- Etobicoke Huskies-Striders Track and Field Club
- Extreme Velocity Track Club
- Flying Angels Academy
- Georgian Bay Coyotes T.C.
- Glen Manor Track Club
- Golden Eagles Track Club
- Greater Fort Town Area Charity
- Hamilton Olympic Club
- Harbour Track - Hamilton
- Humber Hawks
- I Be Fast Track Club
- Invictus Athletics Club
- Iron Stride
- JAMCAN International Athletics Club
- Kawartha Lakes Lightning
- Kind Vibe Kids
- Kingston Track & Field Club
- Kitchener Waterloo T.F.A.
- Lakehead Running
- Laurel Creek T.F.C.
- Les Coureurs De Bois
- Limitless Era Track Club
- Lions Valley Athletics
- London Legion T.F. Alliance
- London Western T.F.C.
- Longboat Roadrunners
- Maximus Performance
- Mecca Athletic Club
- Mile2Marathon
- Mississauga Olympians T.F.A.A.
- Mississauga T.F.C.
- Monarch Athletics Club
- Monte Cristo Track Club
- Motown Athletics Club
- National Capital Track & Field Club
- Newmarket Huskies Track Club
- Niagara Olympic Club
- North Bay Legion
- Oakville Renegades Track Club
- Oakville Track & Field Club Athlétiques International
- Ontario Officials
- Ontario Racewalkers Association
- OT Fitness Track
- Ottawa Lions T.F.C.
- PACK Running Club
- Peak Velocity Athletics
- Peterborough Legion Track Club
- Phoenix Athletics Assoc. of Ontario
- Physi-Kult
- Project Athletics Track & Field Program
- Quest Sports Track & Field Club
- Quinte Legion Lynx Track & Field Club
- Rhythm Athletics
- Royal City Athletics Club
- Runners Edge Track Club
- Russell Run Club
- Sarnia Athletics Southwest T.F.C.
- Saugeen Track & Field Association
- SISU Throws Club
- South Simcoe Dufferin T.F.C.
- St Christy-Ihunaegbo Athletics Club
- St Thomas Legion Track & Field Club
- Stoney Creek Athletics
- Stratford Sabrecats Track Club
- StrideWise Running
- Thames Athletics Club
- The Speed Academy Athletics Club
- Thorold Elite Track Club
- Throwers Club
- Timmins Running Club
- TK Dale Wealth
- Toronto Harriers
- Toronto Olympic Track & Field Club
- Toronto Race Walkers
- Toronto Racers Athletic Club
- Toronto Tornadoes
- Toronto West Athletics
- Track North Athletic Club
- United Tamil Sports Club
- University of Toronto T.C.
- University of Windsor Athletics Club
- Up River Running Group
- Variety Village Athletic Club
- Windsor Legion T.F.C.
- Woodstock Legion Athletic Club
- York Region Runners Club
- York University Track & Field Club
- YQG Athletics

Committees

Athletics Ontario owes a debt of gratitude to our dedicated volunteers who continue to drive positive change within the Athletics community. These individuals serve on five pivotal **Board Committees**:

- Executive
- Finance
- Governance and Nominations
- Human Resources
- Risk Management

In addition, we have twelve dynamic **Ad Hoc/Operational Committees**, each with a specific focus on topics ranging from Officials and Competitions to the Hall of Fame.

- AO Officials Executive
- Awards
- Competitions
- Hall of Fame
- Technical
- Awards Gala (Ad Hoc)
- Masters
- Athlete Advisory

We want to extend a heartfelt “thank you” to these volunteers who go above and beyond, often dedicating hundreds of additional hours beyond their regular coaching and officiating commitments. Their contributions are the backbone of our success, shaping the future of Athletics and enriching the lives of athletes of all abilities and talents.

For more detailed information on these committees, please visit our [Committees](#) page. If you’re passionate about rolling up your sleeves to make a meaningful impact on Athletics’ future, we welcome you to join us. For any questions or to express interest, please contact office@athleticsontario.ca.



Grassroots

Diversity & Inclusion

Athletics Ontario remains committed to fostering an **inclusive environment** by learning, contributing, and providing essential support to ensure that underserved and underrepresented members of the Athletics community have access to programs and services. These initiatives are designed to promote physical health, well-being, and the development of invaluable life skills.

Grassroots Programs Supported by Athletics Canada

Funding Support

- **12** AO clubs and Athletics organizations received **\$25K** in funding.

Overview

The funding program supported Athletics Ontario member clubs and race organizations in the delivery of **grassroots programs**.

Summary & Highlights

- **Participants: 4,419** children participated in grassroots programming over various program delivery options, an increase of **246%** over the target.
- **Underserved Communities: 3,467** participants, including newcomers to Canada, low-income families, and ethnic and religious minorities, an increase of **528** over the projection.
- **Membership: 115** new members participated in the programs, **51%** of the program target.
- **Rising Stars Event: 63** children participated in the AO Rising Stars Event, **62%** of the projected kids.

Other Highlights

- **Indigenous Communities: 160** children participated in events, including one program delivered directly to the **Six Nations** and **Mississauga of the Credit First Nations**.



- **Children with Disabilities:** **34** children with disabilities were exposed to track and field programming.
- **Diverse Programs and Delivery Formats:**
 - Focus on **FUN**
 - Trail runs, kids' fun runs
 - "Amazing Race" scavenger hunt races
 - Try-it training sessions
 - Age and developmentally-appropriate skills-based "Fun in Athletics" events
 - Coaching education to build capacity
 - Funds used to purchase equipment, cover facility costs, snacks, marketing, and travel costs



Rising Stars "Try-It" Events

AO Summer Students piloted four Rising Stars Try-It Events for U8, U10 and U12 youth as part of four twilight meets.

- June 27th, 2023: University of Toronto | **6** youth
- July 4th, 2023: University of Toronto | **9** youth
- July 11th, 2023: Toronto Track & Field Centre | **13** youth
- July 18th, 2023: Toronto Track & Field Centre | **24** children

Each event spanned one hour, allowing participants to rotate through three stations. These stations featured various activities, including hurdles, long jump, ball toss, turbo javelin, sprints, and high jump, providing a well-rounded and engaging athletic experience for all involved.

Increasing Access to Grassroots Programming in Underserved Communities & Under-represented Groups

Canada Summer Jobs Summer students helped deliver programs including:

- **Cruisers Sports for the Physically Disabled** - **1** student provided exceptional technical support during training sessions, assisting over 20 youth and adults with disabilities.
- **OT Fitness Fun In Athletics Project**
 - OT Fitness is an organization run by former Olympian Milt Ottey that provides programs to promote health and physical literacy and assist in core skills. It tackles the hurdles to having a healthy lifestyle to help kids over, under, through, or around them with purpose.
 - **2** students plus one intern assisted at elementary school, daycare and community centre events, with **12,327** children participating in the **Fun in Athletics** program.
- **Stoney Creek Athletics:**
 - **50** children from the **Six Nations Reserve** participated in the AO **Track Time** Program.
 - **40** children between the ages of 8 and 14 participated in the **CANUSA Games**.
- **Bisons Track Club** (Toronto, ON) held a **Terry Fox Run** at Swansea Public School on September 22, 2023.
 - **1,000** students walked and ran 3000+ km around a 700m loop on the school field, raising over **\$6,000 for cancer research**.

AO would like to recognize the contributions of the following youth/students for their work throughout the summer to support AO initiatives, including special mention to many AO member student-athletes*.

- Beth Kester* (Coordinator, Media & Events)
- Biniosa Ezukuse*
- Charliana Esther Dacosta*
- Charlotte Murchison*
- Conor Nesbitt
- Desmond Fraser*
- Grace Gardner
- Jamie Gardner
- Jamille Flores
- Jeremy Jude
- Jerome Jude (Coordinator, Sports Programs)
- Keithan Sivapragasam* (Coordinator, Sports Programs)
- Lauralyn Clifford*
- Martina De Buglio*
- Michael Pinnock*
- Mikayla Simon-Tucker (Coordinator, Sports Programs)
- Naiylah Shepherd*
- Noah Smith*
- Olivia Karlo*
- Porter Lakhanpal*
- Sadia Chowdhury
- William Rochon
- Zayna Fray-Samuel*



Masters

Masters Athletics holds a unique and cherished place within the running community, embodying the timeless passion for sport and showcasing the lifelong benefits of staying active. It honours the relentless pursuit of excellence at every age, proving that the love for Athletics and competition only deepens over time. Masters' athletes inspire everyone—from seasoned veterans to eager newcomers—through their unwavering dedication and resilience. They are proof of the lasting impact of an active lifestyle, fostering a powerful sense of camaraderie and motivation in the running community.

Masters Athletics also creates a nurturing environment where athletes continue to push their limits, set fresh goals, and reap the rewards of both physical and mental well-being. It truly exemplifies the essence of Athletics: **For you. For all. For LIFE.**



At the **2023 Annual Awards Gala & Hall of Fame Celebration**, **Jean Pierre Mayer** was inducted into the **Athletics Ontario Hall of Fame** - and **Karla Del Grande** and **Chris Warburton** were named **Athletes of the Year**.

- The **51st Annual Ontario Masters Championships** were held at the Toronto Track & Field Centre from July 28th to 30th, 2023. The event produced two national, six provincial and 23 meet records, with **JamCan International Athletics** winning the **Doug Smith Trophy** as the top-scoring club.

- The Masters held their customary three cross-country prep meets at Sunnybrook Park (October), incorporating younger age groups in several shorter distances with 5K and 6K races.
- The Masters athletes were also part of the **AO Cross-Country Championships** at Downsview Park in Toronto, where the **Jim Breslin Cup** recognizing the top-scoring club was awarded to the **Newmarket Huskies**.
- Team Ontario won the **GAAT Trophy** as the top-scoring province at the Canadian Cross-Country Championships in Ottawa.
- Four indoor winter mini meets were hosted at the TTFC for all age groups, from the Rising Stars to the Masters.
- The **53rd Annual Masters Indoor Championships** were held at the TTFC. Twenty meet records were set, and **JamCan International Athletics** won the **Brian Keaveney Trophy** as the top-scoring club.
- Each month, a Masters athlete is selected as the Athlete of the Month. In addition, **Karla Del Grande** and **Chris Warburton** were chosen as the **Female and Male** (respectively) **Athletes of the Year** at the 2023 Awards Gala & Hall of Fame Ceremony.
- **Jean-Pierre Mayer** was inducted into the Athletics Ontario **Class of 2023 Hall of Fame** as a Masters Athlete for his outstanding achievements on the track.



Road, Trail & Other

The “Road, Trail, and Other” category is one of the largest and most inclusive groups within the Athletics community, welcoming participants of all ages, abilities, and genders as they pursue their goals on roads and trails. Athletics Ontario remains committed to this category, focusing on expanding its reach and increasing participation in the sport.

Virtual Programming

- Trillium Running Podcast: **52** Episodes | **11,378** downloads

In-Person Programming

- **2024 Race Director Summit**
 - **7th Annual** Race Director Summit held on January 20th, 2024.
 - Hybrid event: **75** participants in person | **17** participants in virtual
 - **7** partners/sponsors | **15** speakers/facilitators
- **Road & Trail Membership**
 - Total of **506** members in 2024 | **245** in 2023
 - **Affiliate Organization Membership** (previously Road & Trail Organization): **58** (through March 31st, 2024) members | **64** in 2023
- **Sanctioned Races 2023:** **120** Sanctioned Road & Trail Races | **25,556** day members
- **Trillium Running Festival:** October 29th, 2023, in Ayr, Ontario | **70** Participants
- **Road & Trail Athlete Ambassadors**
 - Inaugural initiative: **7** athletes were selected based on their community reach through active participation in running events, social media content, and road & trail running clubs to represent Athletics Ontario in the road & trail community.
- Renamed **Race Organization** membership for Race Directors to Road & Trail Membership to include running groups and race directors to target the larger running community.
- Developing a **Run Leader Certification** for run groups with Athletics Canada.



COMPETITIONS

- Provincial Competitions
- Sanctioned Events
- High Performance





Provincial Championships

The **Athletics Ontario Championship** events are crucial in developing the province's athletes, coaches, and officials. They are an excellent platform for preparing participants for national and international opportunities.

All AO members can compete in these events, encompassing outdoor and indoor track and field, cross country, and road and trail championships. Athletics Ontario is committed to delivering competition programs that foster participation, enjoyment, growth, and long-term talent development for athletes, coaches, and Technical Officials.

Outdoor Championships

May 13, 2023 **10,000m Track Championships**

- Female: 0 | Male: 13 | Open: 13

May 27, 2023 **Para Track & Field Championships**

- Female: 8 | Male: 20

June 24 & 25, 2023 **Combined Events Championships**

- Female: 25 | Male: 31 | U16: 6 | U18: 12 | U20: 18 | Open: 20

July 14-16, 2023 **U20 Open Outdoor Track & Field Championships**

- Female: 486 | Male: 644 | U20: 563 | Open: 527 | Para: 21

July 22, 2023 **Rising Stars Festival**

- Female: 71 | Male: 58 | U8: 5 | U10: 42 | U12: 82

July 28-30, 2023 **Masters Track & Field Championships**

- Female: 70 | Male: 227 | Open: 7 | Masters: 290

August 4-6, 2023 **U14, U16, U18 Track & Field Championships**

- Female: 561 | Male: 535 | U14: 173 | U16: 371 | U18: 560

November 12, 2023 **Cross-Country Championships**

- Female: 671 | Male: 742 | U8: 30 | U10: 89 | U12: 134 | U14: 209 | U16: 304 | U18: 348 | U20: 51 | Open: 80 | Masters: 168

Indoor Championships

January 13 & 14, 2023 **Relay Championships**

- Total Entries: 942 | Female: 337 | Male: 341

February 10 & 11, 2023 **U18 Open Track & Field Championships**

- Total Entries: 1,685 | Female: 482 | Male: 554 | U18: 675 | Open: 353

February 24 & 25, 2023 **Rising Stars Festival + U14 Track & Field Championships**

- Total Entries: 858 | Female: 205 | Male: 157 | U8: 10 | U10: 50 | U12: 131 | U14: 168

February 25, 2023 **Masters Track & Field Championships**

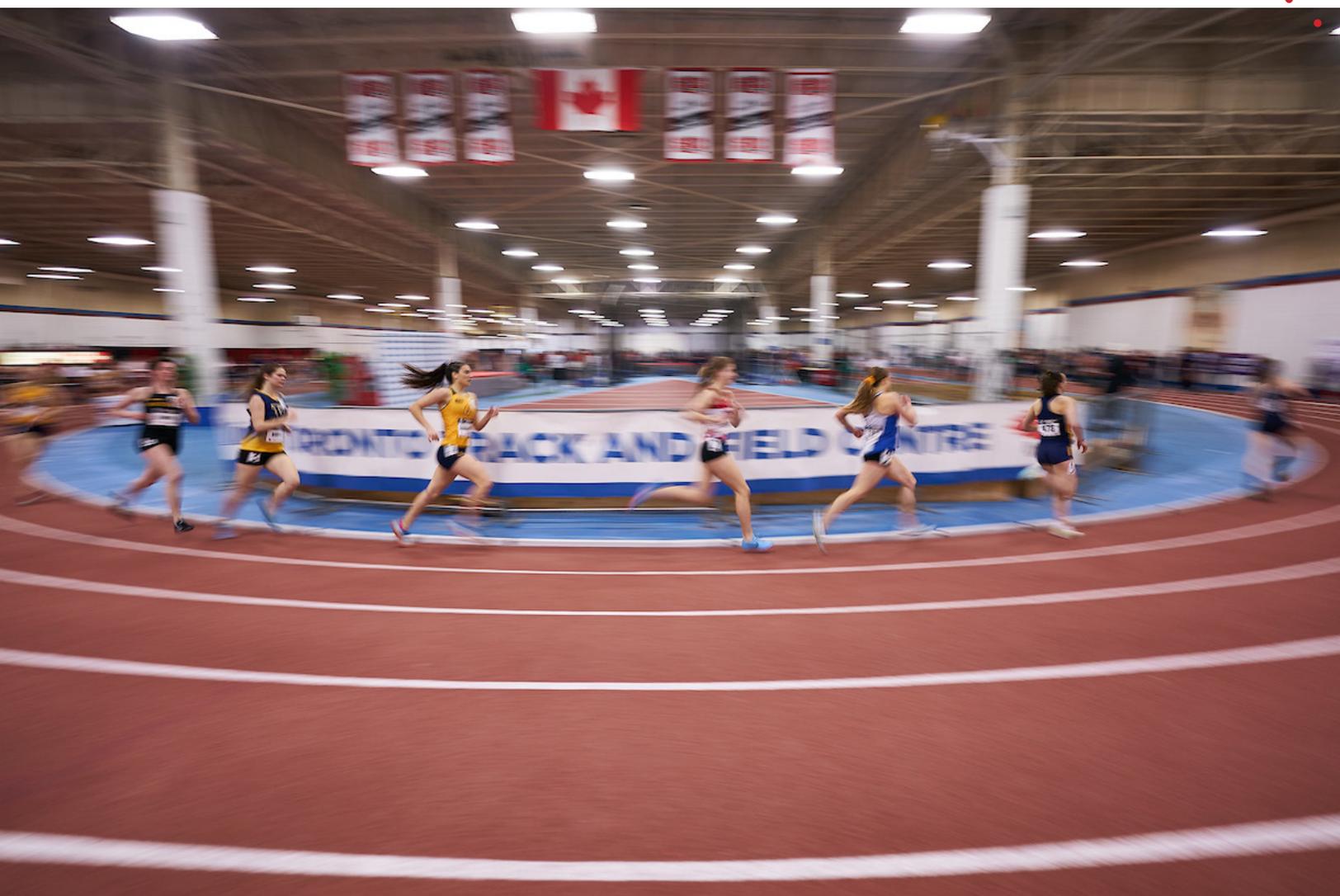
- Total Entries: 399 | Female: 58 | Male: 151

March 2 & 3, 2023 **U16, U20 Track & Field Championships**

- Total Entries: 1,839 | Female: 578 | Male: 548 | U16: 378 | U20: 738

March 23 & 24, 2023 **Combined Events Championships**

- Total Entries: 57 | Female: 23 | Male: 17 | U16: 5 | U18: 19 | U20: 10 | Open: 5 | Masters: 1



Sanctioned Events

Athletics Ontario member clubs and competition directors have established a collaborative partnership to create a cohesive schedule of Athletics competitions across the province. Between 2023 and 2024, **107** sanctioned events were held in Ontario, including **25** indoor and **82** outdoor events, **10** cross-country meets, and **120** road and trail races.



Athletics Ontario is proud to collaborate with **high schools, OFSAA, OUA, U Sports,** and the **Royal Canadian Legion** to promote and support events that adhere to World Athletics, Athletics Canada, and Athletics Ontario standards. This ensures the seamless, accurate, and timely recognition of athlete performances.

High Performance

2023-2024 National/International Events with Ontario Athletes

World Mountain & Trail Running Championships

Innsbruck Stubai, Austria | June 6-10 2023

Ontario Athletes 8 out of 38 (21%)

- Female: 3 | Male 5

NACAC Half Marathon Championships

Varadero, Matanza, Cuba | Cancelled

World Athletics Cross Country Championships

Bathurst, Australia | February 18, 2023

Ontario Athletes 16 out of 28 (57%)

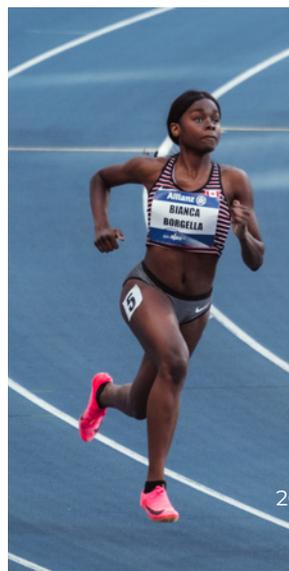
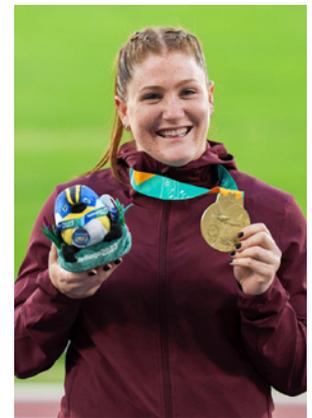
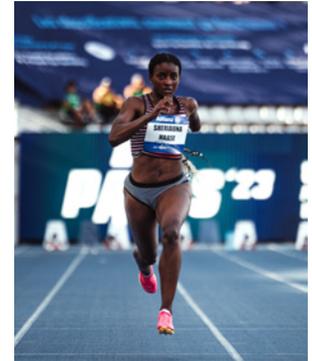
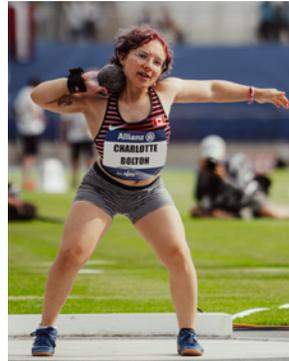
- Female: 6 | Male: 10

World Para Athletics Championships

Paris, France | July 8-17, 2023

Ontario Athletes 10 out of 25 (40%)

- Female: 6 | Male: 4
- Medals: 4 Silver | 4 Bronze





NACAC U18 Championships

San Jose, Costa Rica | July 21-23, 2023

Ontario Athletes 13 out of 20 (65%)

- Female: 6 | Male: 7
- Medals: 2 Gold | 9 Silver | 1 Bronze

NACAC U23 Championships

San Jose, Costa Rica | July 21-23, 2023

Ontario Athletes 13 out of 20 (65%)

- Female: 4 | Male: 9
- Medals: 1 Gold | 2 Silver | 4 Bronze

U20 Pan American Games

Mayaguez, Puerto Rico | August 4-6, 2023

Ontario Athletes 10 out of 30 (33%)

- Female: 8 | Male: 2
- Medals: 3 Gold | 2 Silver | 5 Bronze

Commonwealth Youth Games

Trinidad & Tobago | August 4-11, 2023

Ontario Athletes 8 out of 17 (47%)

- Female 5 | Male 3

World Athletics Outdoor Championships

Budapest, Hungary | August 19-27, 2023

Ontario Athletes 31 out of 55 (56%)

- Female: 18 | Male: 13
- Medals: 1 Gold



NACAC Mountain & Trail Running Championships

Saskatchewan Landing, Canada | September 16, 2023

Ontario Athletes 6 out of (38%)

- Female: 3 | Male: 3
- Medals: 1 Gold

World Athletics Road Running Championships

Riga, Latvia | October 1, 2023

Ontario Athletes 5 out of 11 (46%)

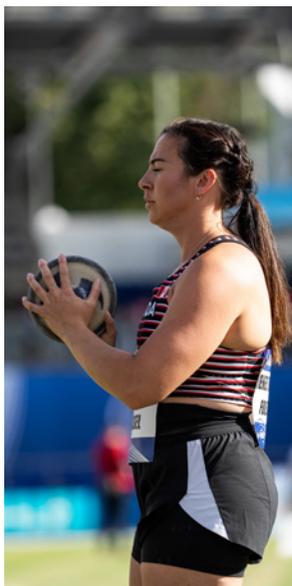
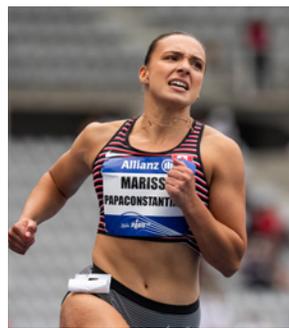
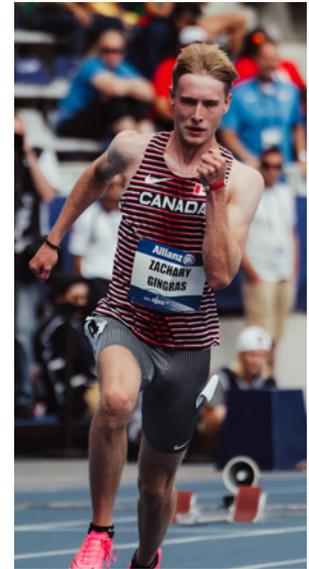
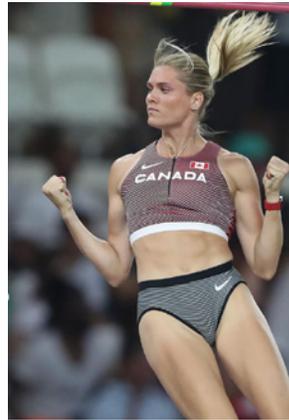
- Female: 2 | Male: 3

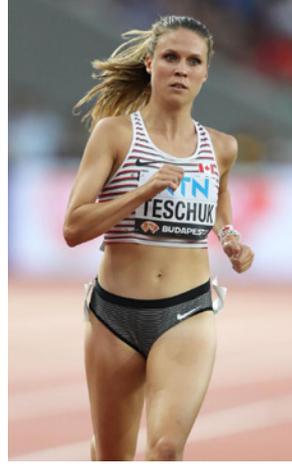
Pan American Games

Santiago, Chile | October 20 - November 5, 2023

Ontario Athletes 10 out of 24 (42%)

- Female: 5 | Male: 5
- Medals: 1 Gold | 1 Silver | 1 Bronze





Parapan American Games

Santiago, Chile | November 17-26, 2023

Ontario Athletes 8 out of 18 (44%)

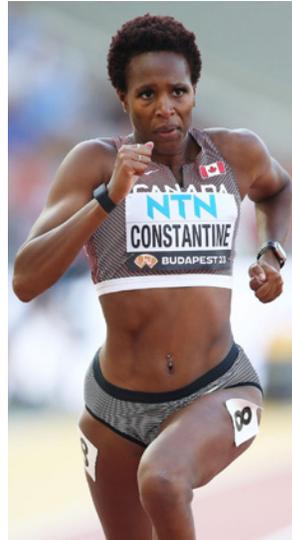
- Female: 5 | Male: 3
- Medals: 1 Silver | 6 Bronze

World Athletics Indoor Championships

Glasgow, Scotland | March 13, 2024

Ontario Athletes 9 out of 14 (64%)

- Female: 7 | Male: 2
- Medals: 1 Gold



World Athletics Cross Country Championships

Belgrade, Serbia | March 30, 2024

Ontario Athletes 10 out of 24 (42%)

- Female: 3 | Male: 7



INFRASTRUCTURE

- Organizational Structure & Effectiveness
- Governance
- Marketing & Communications
- Culture
- Financial Stability



Organizational Structure & Effectiveness

Athletics Ontario is an independent not-for-profit corporation guided by a volunteer Board of Directors. The organization is supported by a dedicated team of full-time staff (currently eight) and several part-time staff, who manage day-to-day operations and oversee initiatives throughout the indoor and outdoor seasons. Athletics Ontario's efforts impact over 750,000 Ontarians in the province's Athletics community.

Key activities led by Athletics Ontario include advocating for participants and the sport, providing education and certification for coaches and officials, sanctioning meets and events, developing athlete pathways, establishing competition rules, connecting organizations within the Athletics community, and implementing forward-thinking policies on issues like safe sport and diversity and inclusion.



Governance

Just as a coach creates a training plan and sets goals for an athlete or team, governance establishes an organization's purpose, vision, and the path to achieving them. For any strategy to be effective, it's crucial to understand the objective, the rules, the team members, and the overall approach. Athletics Ontario is dedicated to five key principles, all rooted in the fundamental commitment to maintaining high standards of ethical behaviour.

- **Commitment to the mission and guided by a strategic plan** – a commitment to living organizational values and incorporating risk assessment into decision-making.
- **Clarity of roles and responsibilities** – clear terms of reference and role descriptions, a committee structure aligned with strategic priorities, productive working relationships between volunteers and staff, and avoiding conflict of interest.
- **Effective financial control** – proper financial monitoring and recording functions, arms-length financial review through an audit committee and full compliance with all Ministry requirements.
- **Focused on human resources** – a commitment to diversity and succession planning through robust systems.
- **Transparent and accountable for outcomes and results** – transparency, engagement with members and stakeholders, and effective communications.



Marketing & Communications

Throughout 2023-2024, Athletics Ontario made significant strides in solidifying and strengthening our brand messaging, centered around our powerful logo tagline – **Athletics. For you. For all. For LIFE.** By consistently integrating this tagline into all outreach materials – including social media hashtags – we effectively communicated our **Mission, Values, and Priorities** as outlined in the [2022-2027 Strategic Plan](#), reinforcing our commitment to the broader community. AO’s marketing and communications initiatives have exploded over the past twelve months, as evidenced by the metrics and member support.

- Consistent branding and messaging have driven significant growth on our primary platform, Instagram, positioning us to surpass **10,000** followers by the next fiscal year.
- The focus has been on **simplifying communications** for our members, including developing a more user-friendly website portal. Once complete, this project will make it easier for users to navigate and access essential information about our programs.
- By closely monitoring Meta analytics, we have tailored our content to better meet community needs, leading to an **184.1%** increase in account reach (over 100,027 accounts) and a **100%** increase in content interactions on Instagram.
- The use of Instagram’s collaborative features, especially with AO high-performance athletes and photographers, has further amplified our reach across Meta platforms.
- While Instagram remains our primary channel, repurposing IG content on Facebook has also driven engagement, with Facebook profile visits up **557.2%** and Instagram profile visits up **146.3%**. The increased activity on Facebook is partly due to the addition of a centralized photo repository for our members.



SOCIAL MEDIA REACH

	Instagram	Facebook
Organic	100,027	273,83
From Ads		40,958
Total Reach	100,027	318,111
Growth Percentage	+184.1%	+1.3k%

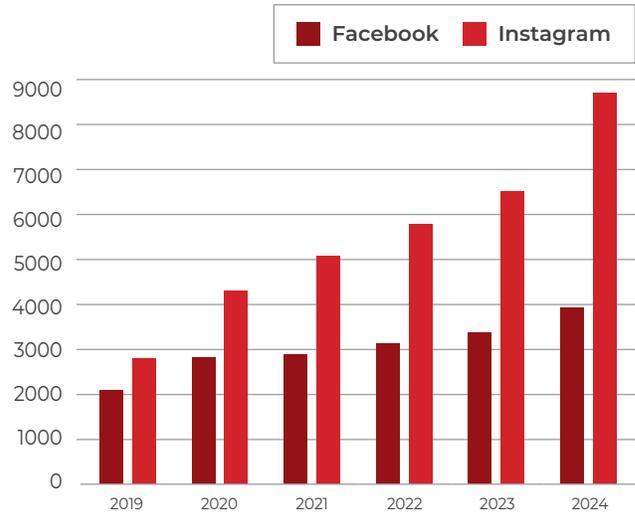
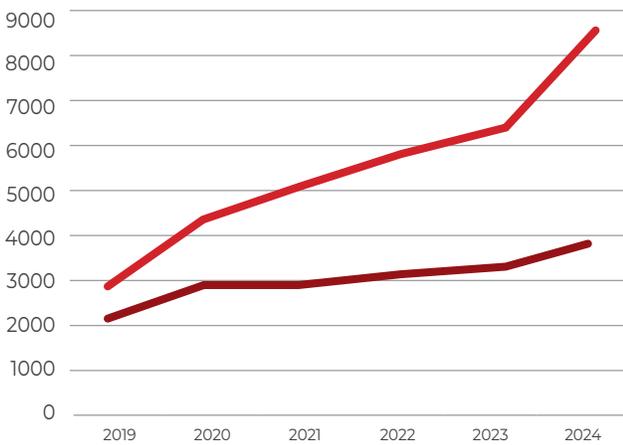
PROFILE VISITS

	Instagram	Facebook
April 1, 2023 - March 31, 2024	59,200	36,400
Growth Percentage	+557.2%	+146.3%

SOCIAL MEDIA FOLLOWERS

	Instagram	Facebook
Followers April 1, 2022	6,423	3,351
Followers March 31, 2023	8,690	3,975
Total Growth	2,267	624
Growth Percentage	35.3%	18.6%

AO Social Media Growth



Top Posts by Reach

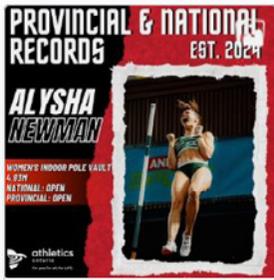
This section includes Followers and Non-Followers and represents what we publish as a brand.

- **Cohesive brand and image** across various contexts.
- **Celebration** of athlete/member accomplishments.
- Cohesive messaging leveraging the **For you. For All. For LIFE.** tagline, underscoring the different levels and age categories of membership appreciation (high performance, U16, U20, Open, championship recaps, etc.).



Athletics Ontario has continued fine-tuning the strategy, marketing, and image across our various social platforms to better engage and communicate with our diverse community. Recognizing that each channel serves a unique purpose and requires tailored communication, we leverage every platform effectively and efficiently to enhance the AO brand, image, organization, and sport. This commitment to practical and efficient communication extends beyond social media, encompassing the **AO Weekly**, **Coaching Zone** and **Clubs in the Know** newsletters, targeted e-mail campaigns, news releases, partnerships, collaborations, and more. Maintaining a consistent social media, marketing, and communication strategy ensures uniformity in branding, messaging, and interaction with our members and followers.

Athletics Ontario remains committed to advancing its strategic priorities through consistent, branded communication aligned with our annual work plans and the PSO's responsibilities. One key area of progress has been our active online engagement across social media platforms. Instagram continues to be our most valuable tool for online communication, boasting the most extensive follower base, highest interaction rates, and leading growth in new followers. Our Facebook page is secondary, with distinct target audiences and demographics. LinkedIn will become more relevant with the launch of the new website.



PROVINCIAL & NATIONAL RECOR...

Sat Feb 24, 4:55pm

8.5K 214
4 3

Top Post by Reach

Content Type:

Single Picture

Content Info: Records Post

Theme: Athlete/ Member Celebration

- Reach: **8,441**
- Impressions: **8,741**
- Interactions: **222**



Last weekend, the Toronto Track & Fiel...

Thu Mar 7, 4:01pm

8.3K 417
15 94

Post by Reach Placement

Content Type: Reel
Content Info: Championship recap

Theme: Athlete/ Member Celebration

- Reach: **8,280**
- Impressions: **10,723**
- Interactions: **547**



LET'S RECOGNIZE THE 2023 ALL-...

Wed Nov 1, 1:54pm

7.5K 855
34 287

Post by Reach Placement

Content Type: Multi-slide Post
Content Info: All Ontarians Post

Theme: Athlete/ Member Celebration

- Reach: **7,450**
- Impressions: **9,408**
- Interactions: **1,222**



Are you between the ages of 15 and 30 an...

Fri Mar 29, 9:25am

6.7K 440
1 156

Post by Reach Placement

Content Type: Single Picture
Content Info: Jobs Posting

Theme: Call for Member Involvement

- Reach: **6,665**
- Impressions: **7,162**
- Interactions: **649**



INTRODUCING ... AO'S 2024 TEAM...

Wed Feb 21, 12:12pm

6.4K 810
5 113

Post by Reach Placement

Content Type: Multi-slide Post
Content Info: Names Focus Imagery

Theme: Athlete/ Member Celebration

- Reach: **6,417**
- Impressions: **7,675**
- Interactions: **937**



Congratulations to the athletes who too...

Wed Mar 27, 8:57am

5.9K 284
4 47

Post by Reach Placement

Content Type: Reel
Content Info: Championship recap

Theme: Athlete/ Member Celebration

- Reach: **5,906**
- Impressions: **7,503**
- Interactions: **339**



Exciting Announcement ...

Tue Nov 21, 8:34am

5.4K 677
8 121

Post by Reach Placement

Content Type: Multi-slide Post
Content Info: Names Focus Imagery

Theme: Athlete/ Member Celebration

- Reach: **5,424**
- Impressions: **6,445**
- Interactions: **817**



Happy Halloween from all of us at AO! Wishi...

Tue Oct 31, 6:53am

5.4K 227
14 14

Post by Reach Placement

Content Type: Reel
Content Info: Halloween Pumpkin Trend

Theme: Holiday Content

- Reach: **5,398**
- Impressions: **6,086**
- Interactions: **259**

INSTAGRAM FEED

Posts by Month/
Quarter

April 2023 – June 2023



October 2023 – December 2023



July 2023 – September 2023



January 2024 – March 2024



Culture

The organization's culture is crucial for successfully executing its activities, attracting and retaining top talent, and shaping a best-in-class Provincial Sport Organization (PSO). The outlined activities and initiatives are essential in fostering a culture rooted in inclusivity, diversity, equity, and achievement.

AO Town Halls – Athletics Ontario maintains its commitment to engagement by hosting bi-weekly town halls for clubs, coaches, and officials. These sessions continue to draw strong participation, with 50-80 attendees per session and around 75% attending regularly. Each town hall is tailored to its audience, offering updates and information on relevant topics such as the importance of coach and official education, upcoming events, and other vital Athletics-related issues. The format includes an open Q&A, fostering collaboration, problem-solving, and information-sharing among clubs and coaches. This ongoing dialogue highlights the organization's dedication to fostering a positive, open, and equitable culture.



Athletics Ontario Hall of Fame

A special Town Hall introduced the Class of 2023, who were officially inducted at the **2023 Awards Gala & Hall of Fame Celebration**.

- Builders: **Barclay Frost | John Craig | Vickie Croley**
- Athletes: **Alison Wiley | Sultana Frizzell | Jean-Pierre Mayer** (Masters)

Running Community Book Reading/Signing Event

In partnership with the University of Toronto, hosted **Celebrating Decades of Running** at the Bruce Kidd Fieldhouse at the University of Toronto.

- Celebrated three Canadian middle-distance runners turned authors on Saturday, May 13th - **Bruce Kidd, Jerry Bouma**, and **Harvey Mitro** – who shared their passion for the sport and how it impacted their lives.
- Hosted by 2020 Olympian, former national record holder and Commonwealth Games medallist **Kate Van Buskirk**.
- Authors read from their respective published books, followed by a casual reception.

AO 2023 Awards Gala

AO hosted its first in-person gala since 2019 on October 21st, 2023, at the Toronto Grand, with 250 attendees.

- The event was hosted by Olympian **Rosey Edeh**, with guest speaker Olympian **Phylicia George** – and guest Olympians **Angela Whyte, Kate Van Buskirk** and **Perdita Felicien**.
- The evening kicked off with the **Hall of Fame Ceremony**. The **Class of 2023** included Athletes **Alison Wiley, Sultana Frizell** and **Jean-Pierre Mayer** (Masters) and Builders **Barclay Frost, John Craig** and **Vickie Croley**.
- Female and male **Athletes of the Year** were recognized in the U14, U16, U18, U20, Open, Para Track, Para Field and Masters categories.
- Special awards included **Official of the Year** (Lisa Ferdinand), **Volunteer of the Year** (Marlene Acuña) and the **Media Award** (CBC's Athletics North).
- One of the most touching moments came with the first **Nyron Higgins Excellence in Athlete Development and Coaching Award** presentation in memory of beloved Durham Legion Athletics coach Nyron Higgins, presented to **Darl Sutherland** and **Elizabeth House**.





Hall of Fame

2023



athletics
ONTARIO
For you. For all. For LIFE.

2023
Athletics
Ontario
Hall of
Fame

ALISON WILEY
Athlete



athletics
ONTARIO
For you. For all. For LIFE.

2023
Athletics
Ontario
Hall of
Fame

BARCLAY FROST
Builder



athletics
ONTARIO
For you. For all. For LIFE.

2023
Athletics
Ontario
Hall of
Fame

SULTANA FRIZELL
Athlete



athletics
ONTARIO
For you. For all. For LIFE.

2024
Athletics
Ontario
Hall of
Fame

JOHN CRAIG
Builder



athletics
ONTARIO
For you. For all. For LIFE.

2023
Athletics
Ontario
Hall of
Fame

JEAN-PIERRE MAYER
Masters Athlete



athletics
ONTARIO
For you. For all. For LIFE.

2023
Athletics
Ontario
Hall of
Fame

VICKIE CROLEY
Builder

National Team Members

2023 WORLD MOUNTAIN & TRAIL RUNNING CHAMPIONSHIPS

- Chris Balestrini
- Galen Reynolds
- Jeffery Archer
- Jeffrey Campbell
- Karley Rempel
- Kerri Labrecque
- Robert McCann
- Sasha Gollish



2023 WORLD MOUNTAIN AND TRAIL RUNNING CHAMPIONSHIPS

2023 WORLD ATHLETICS CROSS COUNTRY CHAMPIONSHIPS

- Andrew Davies
- Angus Skinner
- Branna MacDougall
- Connor Black
- Emily Cescon
- Erin Teschuk
- Gaetano Pocchi
- Heath McAllister
- Jack Lehto
- Jack Sheffar
- Jeremy Coughler
- Julie-Ann Staehli
- Kate Current
- Max Turek
- Michelle Gray
- Mike Tate
- Mitchell Ubene
- Muriel Lovshin
- Phil Parrot-Migas
- Tanner Hueglin
- Tristan Coles



WORLD ATHLETICS CROSS COUNTRY CHAMPIONSHIPS BATHURST 23

2023 NACAC CHAMPIONSHIPS

U18 Team

- Asia Phillips
- Banujan Kulainthiran
- David Jiang
- Derek Strachan
- Gabriella Ruggeri
- Gracy Smith
- Jackson Witham
- Jamyle Anderson
- LJ Nelson
- Naomi Byam
- Sara Mckee
- Stephanie Bertram
- William Bately



U23 Team

- Abdullahi Hassan
- Aliyah Logan
- Almond Small
- Ashantai Bollers
- Cassandra
- Williamson
- David Adeleye
- Foster Malleck
- Heather Abadie
- Kenneth West
- Kevin Robertson
- Leroy Russell III
- Michael Roth
- Tiana Lostracco

2023 WORLD PARA ATHLETICS CHAMPIONSHIPS

- Austin Smeenk
- Bianca Borgella
- Charlotte Bolton
- France John (Guide)
- George Quarcoo
- Jesse Zesseu
- Marissa Papconstantinou
- Nandini Sharma
- Renee Foessel
- Sheriauna Haase
- Zachary Gingras



2023 WORLD ATHLETICS ROAD RUNNING CHAMPIONSHIPS

- Ben Flanagan
- Julie-Anne Staehli
- Phil Parrot-Migas
- Robert Heppenstall
- Sasha Gollish



2023 COMMONWEALTH YOUTH GAMES

- Emily Cescon
- Erika Lealess
- Hadassah (Ledemi) Davies
- Hanna Hollins
- John McGowan
- Kiara Webb
- Tooni Ogunyeye
- Travis Gaffney



2023 U20 PAN AMERICAN GAMES

- Asia Philips
- Christopher Morales Williams
- Emily Martin
- Julia Tunks
- Kyla Martin
- Reyne Rodrigues
- Riley Flemington
- Robyn Larkan
- Savannah Blair
- Tolu Akinduro



2023 NACAC WORLD MOUNTAIN & TRAIL RUNNING CHAMPIONSHIPS

- Ashley O'Hara
- Brendan Neely
- Chris Balestrini
- Jordan Macintosh
- Karley Rempel
- Seth Marcaccio



2023 PAN AMERICAN GAMES

- Brandon Letts
- Julie-Anne Staehli
- Kate Current
- Keira Christie-Galloway
- Madeline Price
- Myles Misener-Daley
- Norris Spike
- Robert Heppenstall
- Sarah Mitton
- Stephen Evans



2023 PARAPAN AMERICAN GAMES

- Charlotte Bolton
- Isaiah Christophe
- Jesse Zesseu
- Keegan Gaunt
- Laura Calovini
- Renee Foessel
- Sheriauna Haase



2024 WORLD ATHLETICS INDOOR CHAMPIONSHIPS

- Alysha Newman
- Brendon Rodney
- Ibrahim Ayorinde
- Jazz Shukla
- Lucia Stafford
- Madeleine Kelly
- Mariam Abdul-Rashid
- Sade McCreath
- Sarah Mitton



2024 WORLD ATHLETICS CROSS COUNTRY CHAMPIONSHIPS

- Andrew Alexander
- Andrew Davis
- Angus Skinner
- Connor Black
- Ian McAllister
- Jeremy Coughler
- Kamran Brar
- Max Turek
- Mikaela Lucki
- Mike Tate
- Muriel Lovshin
- Stephanie Bertram



2023 WORLD ATHLETICS CHAMPIONSHIPS

- Aaron Brown
- Abdullahi Hassan
- Alysha Newman
- Andre De Grasse
- Anicka Newell
- Benjamin Flanagan
- Bismark Boateng
- Bolade Ajomale
- Brendon Rodney
- Brooke Overholt
- Damian Warner
- Django Lovett
- Duan Asemota
- Erin Teschuk
- Grace Tennant
- Jazz Shukla
- Jillian Weir
- Julie-Anne Staehli
- Kate Current
- Khamica Bingham
- Kyra Constantine
- Lucia Stafford
- Madeleine Kelly
- Madeline Price
- Mariam Abdul-Rashid
- Mark Bujnowski
- Mohammed Ahmed
- Pierce Lepage
- Sarah Mitton
- Sasha Gollish
- Zoe Sherar





2023 All-Ontarians: Sprints/Hurdles

U14

Bianka MacMillan
Charlie Halpenny

Daniyah Aiyathdurai
Harrison Halpenny

Rook Erechook
Sophia Tzvetkov

U16

Dennis Iriowen
Emilie Gervais
Jahleel Haley
Jake Charest
Jorai Oppong-Nketiah

Jordynn Scott
Jurnee Scott
Justin Knight
Kailer Jenney
Mariah Williams

Ryan Georgeson
Seyon Satheesh
Victoria Minott

U18

Ashley Johnson
Braeden Brouwer
Brayden Labonte
Brooklyn Taylor
Daniel Skepple
Drezdon Howe
Erika Lealess

Findlay Weir
Gabriella Ruggeri
Janae Dawes
Kiara Webb
Madeline Price
Naomi Byam
Nicholas Tozer

Parker Long
Quinn Coughlin
Shadae Thompson
Trinity Shadd-Ceres
William Bigler
Zachary Jeggo

U20

Abdoulaye Bah
Charlize Fraser
Charlotte Bishop
Christopher Morales Williams
Destiny Emuze

Dominick Frank
Dylen Belanger
Emily Martin
Gabrielle Cole
Hailey Reid

John O'Reilly
Markus Grant
Riana Green
Winston Jr Morgan

OPEN

Aaron Brown
Alexandra Telford
Andre De Grasse
Ben Tilson
Bismark Boateng
Bolade Ajomale
Brendon Rodney

Brooke Overholt
Damian Warner
David Adeleye
Jacqueline Madogo
Jordan McKenzie
Khamica Bingham
Kobie Warden

Mariam Abdul-Rashid
Myles Misener-Daley
Owen Babcock
Sade McCreath
Zoe Sherar

PARA

Bianca Borgella
Erik Kuchemann
Ezekiel Liu
George Quarcoo
Hudson Booth

Joshua Roberto
Kebba Njai
Michael Johnstone
Monika Girn
Owen Konkle

Shannon Swinson
Shay Parreira
Sheriauna Haase
Tai Young

MASTERS

Chris Warburton
Karla Del Grande

Obrian Gibbons
Renata Macherzynska

Ward Hazen
Wendy Alexis



2023 All-Ontarians: Middle Distance

U14

Aidan Chan-Smith
Nitisha Pakeetharan

Sawyer Nicholson
Stella David

U16

Alyssa Carnaghan
Anieu Chan
Ayla Laing
Charlie Mortimer

Eleanor Voykin
Eli Bouius
Kenneth Champ
Maya Markowska

Riley Innes
Ryan Georgeson

U18

Anna Douma
Ava Moric
Cameron Bennett

Daniel Cova
Gabriella Ruggeri
Landon Reuter

Lena Eys
Muriel Lovshin

U20

Alexandra McDougall
Angus Skinner
Dylan Ferri
Elizabeth Vroom
Erik Unger

Hailey Reid
Heath McAllister
Isabella Goveia
Mason Basson
Michelle Gray

Paige Marchant
Riley Flemington
Ryan Davies
Tom Boers
Tristan Bouius

OPEN

Abdullahi Hassan
Alec Purnell
Aurora Rynda
Benjamin Flanagan
Claustre Bajona
Jadyn Keeler
Jazz Shukla

Jianping Xu
Joey Stel
Jonathan Rioux
Jordan Macintosh
Julie-Anne Staehli
Kara Blair
Kenya Small

Kevin Robertson
Lucia Stafford
Madeleine Kelly
Mitchell Ubene
Stephen Evans
Sydney Pattison
Sydney Smith

PARA

Ezekiel Liu
Jason Dunkerley

Nicholas Neri
Tai Young

MASTERS

Chris Deighan
Elizabeth Waywell

Mackie Ohler
Mirco Graenert

Stuart Galloway
Sasha Gollish



2023 All-Ontarians: Jumps

U14

Kseniya Smith
Maxime Cazabon

Tori D'Angela
Tyrique Woodside

U16

Ben Leveck
Birenavan Balaramana
Chase Owen
Emilie Gervais

Isabella Mills
Junior Nwosu
Maya Walker
Nadya Nemes

Nella Krykorka
Sadiekie Hayden
Sam Griffin
Victoria Vaughan

U18

Ashvin Balaramana
Asia Phillips
Banujan Kulainthiran
Brooklyn Taylor
Charlotte Berner
Ella Steel-Douglas

Kaiya Hlady
Kevin Salaudeen
Liam Miller
Liam West
Liberty McCurd
Matthew Kathiraveluy

Natalia Bannenberg
Rachel Maas
Sayanthan Arulrajan
Sophia Bryenton
Timeo Atonfo
Trinity Shadd-Ceres

U20

Arienne Birch
Arman Shahzadeh

Arwin Mathi
Brianna Rand

Julia King
Peace Omonzane

OPEN

Alysha Newman
Anicka Newell
Busola Akinduro
Caroline Ehrhardt
Celia Markovinovic
Daniel Gleason
Django Lovett

Erika Fiedler
Hayley Manners
Heather Abadie
Joshua Foster
Kenneth West
Leah Jones
Mandy Brunet

Nathan Filipek
Nojah Parker
Olorunfemi Akinduro
Pierce LePage
Sean Cate

PARA

Owen Konkle

MASTERS

Kairy Loucks
Michell Hastick-Cowell

Peter Zowkewych
Stan Seitz

Zoltan Sara



2023 All-Ontarians: Throws

U14

Blaire Rickard
Koji Miller

Mallory Clayton
Rakesh Rajakulathilakan

U16

Duncan Smith
Eghosa Ehigiator
Emma Negri

Jash Singh
Jenna Tunks
Jim McLaren

Mykayla Scarlett
Savannah Griffith

U18

Aidan Crawford
Arven Ravichandran
Austin Riha
Brydon Mitchell
Coco Van Nynatten

Hunter Campbell
Jasmine Broere
Jenae Francis
Julia Tunks
Kaleb Kennedy

Kenzo Miller
Mikayla Grant
Owen Robins
Sierra Anderson
Thomas Dallman

U20

Alex Seagris
Connor Fraser
Jeremy Vandenboorn

Martina De Buglio
Matthew Ing
Rose Forshaw

Sophia Saldutto

OPEN

Ashley Pryke
Bailey Dell
Callan Saldutto
Cynthia Appiah
Grace Tennant

Jared O'Riley
Jillian Weir
Mackenzie Wilson
Mark Bujnowski
Pierce LePage

Sarah Mitton
Spencer Lewis
Spencer Lewis
Terrell Webb

PARA

Aristotle Domingo
Billy Bridges
Charles Guilfoyle
Charlotte Bolton
Ed Solak

Jason Roberts
Joanna Lee
Joshua Watson
Martha Sandoval Gustafson
Patricia Nnaji

Renee Foessel
Ryan Bennett
Tiffany Gaudette

MASTERS

Boris Zaitchouk
Jake Wolters
Jean-Pierre Mayer

Kristin Dajia
Leah Easton
Michelle Crispe



2023 All-Ontarians: Combined Events

U16

Isabella Mills

Samuel McClelland

U18

Jackson Mackay

Lauren Thomas

U20

Jadyn Luna

Samuel Utting

OPEN

Cole Wilson

Damian Warner

Hannah Blair

Peirce LePage

Jared Hendricks-Polack

Leo Wallner

MASTERS

Matt Beechey



2023 Indoor All-Ontarians: Sprints/Hurdles

U14

Bianka MacMillan
Delano Smith

Ella Yetman
Gabriel Mauricette

Rowan Bellinger
Xavier Sauer

U16

Anieu Chan
Arianna Buckland
Danayah Aiyathdurai

Dennis Iriowen
Jaida Charles
Rook Erechook

Sadat Hossain
Vithuran Sriranjani

U18

Ashley Johnson
Ciara Costa
Darius Edwards

Jahnie Leslie
Jeshua Barnes
Ryan Georgeson

Sydney Freeman

U20

Alexia Jones
Chairo Ogbemor
Daniel Skepple

David Edward-Etafo
Drezdon Howe
Kiara Webb

Naomi Byam

OPEN

Addison De La Cruz
Ashton Colaire
Felimon Henok

Kate Fenwick
Paula Suchoweicka
Sara McKee

Shanice Williams
Winston Morgan, JR

MASTERS

Kairy Loucks
Karla Del Grande
Ken Kudo

Milton Hart
Mirco Graenert
Tit (Jonathan) Hui

Wendy Alexis



2023 Indoor All-Ontarians: Distance

U14

Adwaith Harish
Daniela Sayers-Cubillos
Eva Shlensky

Isla Reinhart
Leif Gustafsson
Nolan Closson

Sawyer Nicholson

U16

Alexandra Jackson
Anieu Chan

Kate Nagy
Nitisha Pakeetharan

Pathuman Ambikaipathan
TJ Woods

U18

Clark Brody
Maya Markowaska

Morgan Yeomans
Nolan Buie

Oliver Taback
Riley Innes

U20

Aaron Smith
Kristina Etezadi

Marco Di Felice
Maria Linton

Maya Markowska

OPEN

Cameron Bennett
Eden Hildebrand
Enrico Rennella

Ethan Davenport
Kenya Small
Kitty Cashman

Kristina Etezadi
Nathia Gonzalez

MASTERS

Heather Pady
Jay Brecher
Jianping Xu

Makie Ohler
Mirco Graenert
Nicky Slovitt

Simon Rayner



2023 Indoor All-Ontarians: Jumps

U14

Aibhlin Bradley
Delano Smith

Vaishnaviie Kethesparan
Xavier Sauer

U16

Amairah Gayle
Christian Zdenek Futo

Isabella Mills
Mathuran Vijayakulan

Maya Dalmao-Caton
Tyrique Woodside

U18

Birenavan Balaramana
Hannah Vyn
Kyjiah Slowley

Laura Van Nes
Liam West
Libby Mccurdy

Sayanthan Arulrajan

U20

Arienne Birch
Banujan Kulainthiran
Chairo Ogbedor

Journey Coulson
Liam Miller
Libby McCurdy

Sanjeevan Kanthavel
Shiloh Cross

OPEN

Ashvin Balaramana
Bryson Patterson
Leah Jones

Miryam Bender
Mya Kanhai
Olorunfemi Akinduro

Pierce Lepage
Rachel Gibson

MASTERS

Charlotte Ireland
Donald Ritchie
Kairy Loucks

Mark Schaber
Nigel John
Thevarajan Sinnathurai

Simon Rayner



2023 Indoor All-Ontarians: Throws

U14

Adwaith Harish

Liv Lacombe

Neelan Senthillmohan

U16

Abdulrahman Ramos
Blaire Rickard

Jared Friesen
Tara Gharehcheloo

U18

Emma Negri

Jenae Francis

Owens Robins

U20

Emma Longeuay
Kenzo Miller

Mykayla Scarlett
Thomas Dallman

OPEN

Grace Tennant
Mark Bujnowski

Shyla- Mae Constable
Thomas Dallman

MASTERS

Jake Wolters
John Kasperski

Kristen Dajia
Nikki Sinnathurai Anderson

2023 Indoor All-Ontarians: Combined Events

U16

Josee Regala

Kaelen Smith

U18

Ella Stell-Douglas

Samuel McClelland

U20

Cole Vilon

Lauren Thomas

OPEN

Andred Chartrand

Simon Rayner



2023 Athletes Of The Year

U14



Daniyah Aiyathdurai
U14 Female Athlete of the Year



Tyrique Woodside
U14 Male Athlete of the Year

U16



Jorai Oppong-Nketiah
U16 Female Athlete of the Year



Ryan Georgeson
U16 Male Athlete of the Year

U18



Asia Phillips
U18 Female Athlete of the Year



Banujan Kulainthiran
U18 Male Athlete of the Year

U20



Kyla Martin
U20 Female Athlete of the Year



Christopher Morales Williams
U20 Male Athlete of the Year



OPEN



Sarah Mitton
Open Female Athlete of the Year



Pierce LePage
Open Male Athlete of the Year

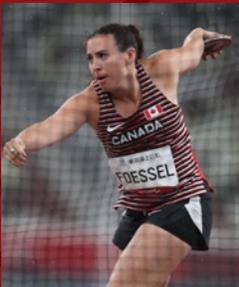
PARA



Bianca Borgella
Para Track Female Athlete of the Year



Austin Smeenk
Para Track Male Athlete of the Year



Renee Foessel
Para Field Female Athlete of the Year



Jesse Zesseu
Para Field Male Athlete of the Year

MASTERS



Karla Del Grande
Masters Female Athlete of the Year



Chris Warburton
Masters Male Athlete of the Year



MEDIA AWARD



Athletics North

OFFICIAL OF THE YEAR



Lisa Ferdinand

VOLUNTEER OF THE YEAR



Marlene Acuña

NYRON HIGGINS EXCELLENCE IN ATHLETE DEVELOPMENT & COACHING



Elizabeth House



Darl Sutherland



2024 Club Champions Outdoor

U8

London Western T.F.C.



U10

Eclipse T.F.C. |
Brockville Legion Track Club



U12

Thorold Elite T.F.C.



U14

Thorold Elite T.F.C.



U16

London Western T.F.C.



U18

Thorold Elite T.F.C.



U20

London Western T.F.C.



OPEN

Royal City Athletics Club



PARA

Cruisers Sports



MASTERS

Throwers Club



OVERALL RISING STARS

Thorold Elite T.F.C.



OVERALL OUTDOOR

London Western T.F.C.



2023 Cross-country

OVERALL CLUB CHAMPIONS

Durham Dragons Athletics



2023 Club Champions Indoor

U8

United Tamil Sports Club



U10

Eclipse T.F.C.



U12

United Tamil Sports Club



U14

United Tamil Sports Club



U16

Thorold Elite T.F.C.



U18

Laurel Creek T.F.C.



U20

Flying Angels Academy



OPEN

University of Toronto T.C.



MASTERS

JamCan International Athletics



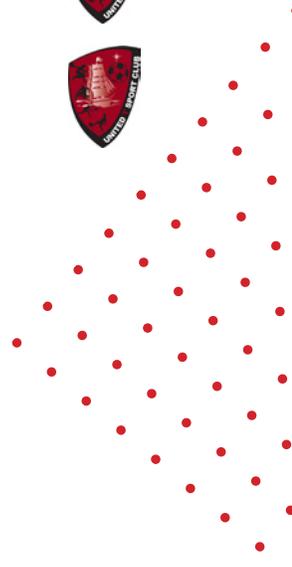
OVERALL RISING STARS

United Tamil Sports Club



OVERALL INDOOR

United Tamil Sports Club



Financial Stability

Grants

- **Government of Canada** 2023 Canada Summer Jobs Program | **\$115,275**
 - Enabled AO to hire **23** youth for full-time eight-week positions, focusing on events and underserved communities. The positions included: sports program coordinators; coordinator, media & events; sports & leisure leaders; athletics instructors; and multimedia consultants. These positions supported the organization's AO championships, events, and administrative functions, giving students hands-on and virtual experience and supporting the Government of Canada's national and local priorities within Ontario communities.
- **Community Foundations of Canada** Red Cross | **\$167,020**
 - Athletics Ontario's **Innovation, Integration & Efficiency Project**. The project focused on integrating new technologies, communication tools, and systems to support Athletics Ontario members better. This initiative allowed the organization to adapt by launching innovative membership programs, enhancing the website, and piloting initiatives that improved service efficiency, including grassroots programs aimed at underserved communities. The grant also enabled the hiring of a marketing and communications consultant and a part-time official and volunteer coordinator, a role instrumental in developing an officials' mentorship and development program. Additionally, AO purchased essential sports equipment for **Run Jump Throw Wheel** clinics and grassroots initiatives.
- **Athletics Canada** Community Sport For All | **\$25,000**
 - Supported grassroots programs that reached 3,500 kids from underserved communities across the province. By partnering with ten clubs specializing in these regions, Athletics Ontario delivered impactful activities like **Try-It** sessions (for Para and non-Para athletes), regional **Rising Stars** events, workshops, **Fun Runs**, and **trail runs**. These initiatives were made possible through solid collaborations with schools and local community organizations.

The organization's financial stability is critical to ensuring the long-term viability of AO and Athletics in Ontario and to preserving future programming for Athletics. To further underpin the organization's and sport's financial stability, AO received the following grants in the 2023-2024 year.



**ATHLETICS ONTARIO
FINANCIAL STATEMENTS**

March 31, 2024



ATHLETICS ONTARIO
FINANCIAL STATEMENTS

March 31, 2024

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INDEPENDENT AUDITOR'S REPORT

To the Members of Athletics Ontario;

Opinion

We have audited the financial statements of Athletics Ontario (the "Corporation"), which comprise the statement of financial position as at March 31, 2024, and the statements of income and expenditures, members' equity and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of Athletics Ontario as at March 31, 2024, and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Basis for Opinion

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Corporation in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management and directors are responsible for the preparation and fair presentation of the financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing these financial statements, management is responsible for assessing the Corporation's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Corporation or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Corporation's financial reporting process.



INDEPENDENT AUDITOR'S REPORT (cont'd)

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

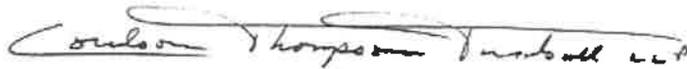
- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Corporation's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Corporation's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Corporation to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.



CHARTERED PROFESSIONAL ACCOUNTANTS



We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



Coulson Thompson Turnbull LLP
Authorized to practice public accounting by the
Chartered Professional Accountants of Ontario

July 31, 2024
Milton, Ontario



ATHLETICS ONTARIO
STATEMENT OF FINANCIAL POSITION

March 31	2024	2023
ASSETS		
CURRENT ASSETS		
Cash	\$ 748,654	\$ 1,005,874
Short-term investments (note 2)	500,000	500,000
Accounts receivable	127,817	16,842
Inventory	20,204	58,247
Prepaid expenses	<u>5,827</u>	<u>7,676</u>
	\$ 1,402,502	\$ 1,588,639
LIABILITIES		
CURRENT LIABILITIES		
Accounts payable and accrued liabilities	\$ 112,032	\$ 49,411
Government sales taxes payable	1,803	57,315
CEBA bank loan payable	-	60,000
Deferred revenue (note 3)	<u>342,727</u>	<u>520,481</u>
	456,562	687,207
MEMBERS' EQUITY	945,940	901,432
CONTINGENCIES (note 4)		
	\$ 1,402,502	\$ 1,588,639

See accompanying notes on pages 10 to 13.

Approved by the Board:


Dean Hustwick
Chair


Lindsay Harrington
Treasurer

ATHLETICS ONTARIO
STATEMENT OF MEMBERS' EQUITY

For the Year Ended March 31	2024	2023
MEMBERS' EQUITY , beginning of year	\$ 901,432	\$ 834,984
Excess of income over expenditures, for the year	<u>44,508</u>	<u>66,448</u>
MEMBERS' EQUITY , end of year	\$ 945,940	\$ 901,432

See accompanying notes on pages 10 to 13.

ATHLETICS ONTARIO
STATEMENT OF INCOME AND EXPENDITURES

For the Year Ended March 31	2024	2023
INCOME		
Grants (note 5)	\$ 1,112,612	\$ 1,103,121
Events and services	636,910	631,533
Membership	635,470	529,328
Interest	29,199	7,184
	2,414,191	2,271,166
EXPENDITURES		
Events and services	1,513,335	1,398,665
Fees and general expenses (note 6)	856,348	806,053
	2,369,683	2,204,718
SURPLUS OF INCOME OVER EXPENDITURES, for the year	\$ 44,508	\$ 66,448

See accompanying notes on pages 10 to 13.

ATHLETICS ONTARIO
STATEMENT OF CASH FLOWS

For the Year Ended March 31	2024	2023
CASH FLOWS FROM OPERATING ACTIVITIES		
Excess of income over expenditures, for the year	\$ 44,508	\$ 66,448
Change in other non-cash operating accounts:		
Accounts receivable	(110,975)	189,268
Deferred revenue	(177,754)	(264,245)
Inventory	38,043	(36,818)
Prepaid expenses	1,849	(429)
Accounts payable and accrued liabilities	62,621	(67,759)
CEBA bank loan payable	(40,000)	
Government sales taxes	(55,512)	30,536
	(281,728)	(149,447)
	(237,220)	(82,999)
CASH FLOWS FROM INVESTING ACTIVITIES		
Increase in short-term investments	-	(500,000)
CASH FLOWS FROM FINANCING ACTIVITIES		
CEBA loan forgiveness	(20,000)	-
CHANGE IN CASH, for the year	(257,220)	(582,999)
CASH, beginning of year	1,005,874	1,588,873
CASH, end of year	\$ 748,654	\$ 1,005,874

See accompanying notes on pages 10 to 13.

ATHLETICS ONTARIO
NOTES TO THE FINANCIAL STATEMENTS
March 31, 2024

1. PURPOSE OF THE ORGANIZATION

Athletics Ontario (formerly known as The Ontario Track & Field Association, "the association") is an organization which promotes amateur athletics by assisting athletes to train for and compete in athletic competitions held throughout Ontario, Canada and the world in all track and field sports and to arrange courses of instruction in all aspects of track and field sports for athletes, officials and other interested persons.

Athletics Ontario was incorporated without share capital under the The Corporations Act of Ontario on October 7, 1977. For income tax purposes, the association qualifies as a not-for-profit organization which is exempt from income tax under the Income Tax Act.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

These financial statements have been prepared in accordance with Canadian accounting standards for not-for-profit organizations. The significant policies are:

a) Revenue Recognition

The association follows the deferral method of accounting for grant revenue. Unrestricted grants are recognized as revenue when received or receivable. Externally restricted grants are recognized as revenue in the year in which the related expenses are incurred. Registration fees are prorated on a calendar year basis.

b) Capital Assets

Capital asset additions are charged against income at the time of acquisition.

c) Short-Term Investments

Short-term investments are measured at fair value and consist of redeemable guaranteed investment certificates maturing at various times over the next fiscal year.

c) Use of Estimates

The preparation of financial statements in accordance with Canadian accounting standards for not-for-profit organizations requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities at the date of the financial statements, and the reported amounts of revenues and expenses during the reported period. Actual results could differ from management's best estimates as additional information becomes available in the future.

ATHLETICS ONTARIO
NOTES TO THE FINANCIAL STATEMENTS
March 31, 2024

d) Financial Instruments

Unless otherwise noted, it is management's opinion that the organization is not exposed to significant interest rate or credit risks arising from its financial instruments. The organization's financial instruments consist of cash, accounts receivable, inventory and accounts payable and accrued liabilities. As at March 31, 2024, the carrying value of the organization's financial instruments approximates their fair value.

3. DEFERRED REVENUE

	March 31 2023 Deferred	Grant Revenue	Grant Expenditure	March 31 2024 Deferred
GRANT				
Athletics Canada	\$ -	\$ 31,250	\$ -	\$ 31,250
Canadian Red Cross Society	\$ -	\$ 13,519	\$ -	\$ 13,519
MHSTCI - Provincial	224,950	-	224,950	-
OTHER				
Master funds	25,460	\$ -	\$ 10,000	15,460
REGISTRATION				
Beginning of year	270,071	\$ -	\$ 270,071	-
April 1, 2023 to November 30, 2023	-	209,693	209,693	-
December 1, 2023 to March 31, 2024	-	376,664	94,166	282,498
	270,071	\$ 586,357	\$ 573,930	282,498
	\$ 520,481			\$ 342,727

4. CONTINGENCIES

The organization is currently defending two claims which are being handled by the organization's insurer. When the claims are settled any expenses incurred on the settlements will be charged to the appropriate expense in the statement of income and expenditures in that fiscal year.

ATHLETICS ONTARIO
NOTES TO THE FINANCIAL STATEMENTS
March 31, 2024

5 . GRANT INCOME

Grant income is comprised of the following amounts:

	2024	2023
MHSTCI	\$ 654,631	\$ 734,764
Canadian Sport Institute Ontario	120,000	126,000
Canada summer jobs	110,755	181,466
The Canadian Red Cross	103,396	-
ParticipACTION	40,000	-
Athletics Canada	31,250	33,250
Miscellaneous grants	29,096	26,000
CEBA loan forgiveness	20,000	-
Miscellaneous sponsorships	3,484	1,641
	\$ 1,112,612	\$ 1,103,121

6 . FEES AND GENERAL EXPENSES

Fees and general expenses are comprised of the following amounts:

	2024	2023
Salaries and benefits	\$ 606,590	\$ 566,794
Athletics Canada dues	91,089	89,269
Insurance	86,532	25,430
Rent	29,358	27,516
Bank charges and moneris	12,119	25,573
Office	11,521	11,366
Membership service safe sport	8,040	35,828
Governance	6,659	20,077
Professional fees	4,440	4,200
	\$ 856,348	\$ 806,053

ATHLETICS ONTARIO
NOTES TO THE FINANCIAL STATEMENTS
March 31, 2024

7. COMMITMENT

The association has a contractual obligation for a rental lease of their premises commencing October 1, 2023 on a month to month term for \$2,556 per month.

8. FINANCIAL INSTRUMENTS - risk management

Interest rate risk

Interest rate risk is the risk of potential financial loss caused by fluctuations in fair value of future cash flow of financial instruments due to changes in market interest rates. The association is not exposed to this risk as its cash balances are on deposit at a major financial institution.

Credit risk

Credit risk is the potential for financial loss should a counter-party in a transaction fail to meet its obligations. The corporation places its operating and reserve cash and investments with high quality institutions and believes its exposure is not significant. The association's credit risk from accounts receivable is not significant.

Liquidity risk

Liquidity risk is the risk that the association will not be able to meet its obligations as they become due. The association manages this risk by establishing budgets and funding plans and by reviewing its membership fees annually to fund its operating expenses.

9. COMPARATIVE FINANCIAL STATEMENTS

The comparative financial statements have been reclassified from statements previously presented to confirm to the presentation of the 2024 financial statements.



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For you. For all. For LIFE.

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