



2026 ONTARIO vs. QUÉBEC U16 DUAL MEET

ATHLETE SELECTION CRITERIA

Prepared by: Athletics Ontario

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2026 Ontario vs. Québec U16 Dual Meet Athlete Selection Criteria

General Information

The ON v. QC U16 Dual Meet is an annual competition between Ontario and Québec. The purpose is to provide U16 athletes an opportunity to compete in a team environment in a friendly scoring competition. *This is a development team, so athletes should fall within the **Train to Train** athlete development category.*

When Québec hosts, selected Team Ontario athletes can travel out of province for the competition. Athletes *must* be in the U16 division. Younger athletes may be added to the team based on the discretion of the Selection Committee.

The 2026 Ontario vs. Québec U16 Dual Meet will be held on **February 1st, 2026**, at the Complexe Sportif Claude-Robillard in Montréal, Québec.

DATES OF INTEREST

<u>DATES</u>	<u>DESCRIPTION</u>	<u>LOCATIONS/INFORMATION</u>
November 1, 2025 - January 11, 2026	Qualifying Window	
January 7, 2026	Performance Tracking List Release	List of auto selections and descending order list
January 10-11, 2026	Selection Meet	Toronto Track & Field Centre
January 11, 2026 11:59 p.m.	Athlete Declaration Deadline (no late declarations accepted)	Declaration Link https://trackie.com/event/2026-AOTEAMONU16DUAL
January 12, 2026	Team Ontario Selection Meeting	Committee to select team
January 12, 2026	Team Acceptance E-Mail Sent	
January 13, 2026	Team Acceptance Deadline	
January 14, 2026	- Provisional Team Announcement (Pending Appeals) - Team fee link sent - Appeals Open	AO Weekly Newsletter AO Instagram/Facebook
January 16, 2026 12:00 p.m. (noon)	Athlete Appeal Deadline (No late appeals will be accepted)	Responses to appeals sent by January 20, 2025
January 21, 2026	Final Team Announcement	AO Weekly Newsletter AO Instagram/Facebook
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January 23, 2026 12:00 p.m. (noon)	Team Fee Due	Team fee link sent to selected athletes
January 27, 2026 8:00 p.m.	Team Ontario Meeting	Online: Zoom (Link To Be Sent to Team Members)
January 31, 2026	Team Travel to Québec	See <i>Travel</i> section
February 1, 2026	ON v. QC Dual Meet	Complexe Sportif Claude Robillard, Montréal, QC
February 1, 2026	Team Travel Back to Ontario	The team will return after the competition

All dates are subject to change without notice—all times in Eastern Time.

Selection Committee

- Manager, AO High Performance - Angela Whyte
- Associate Manager, AO Athlete & Coach Development - Saheed Khan
- Manager, Competition, Technical Specification & Logistics - Randolph Fajardo
- ON v. QC Dual Meet Team Ontario, Head Coaches - TBD

Athlete Eligibility

Athletes Must:

1. U16 - Born 2011, 2012, or *2013
 - a. Minimum age of thirteen (13) as of January 31st, 2026.
 - i. *Those born in 2013 must hit the minimum age stated above.
2. Be a registered competitive member in good standing with Athletics Ontario.
3. Declare interest on the Trackie website by **January 11th, 2026, at 11:59 p.m. ET.**
 - a. ***Athletes must declare all events they would like to be considered for selection to the team.***
4. Have an eligible performance, as follows:
 - a. Be from an Athletics Ontario-sanctioned/approved meet.
 - b. Appear on the Athletics Canada rankings.
5. Converted Times: Converted times will be accepted under the provisions provided in this document.
 - a. Athletes using a converted mark must use the conversion tables provided in this document.
 - b. A hyperlink to the athlete's performance *must* be submitted.

Events

TRACK EVENTS	FIELD EVENTS
60m	Long Jump
60m Hurdles	Triple Jump
300m	High Jump
800m	Pole Vault
2000m	Shot Put
1500m RW	Weight Throw
4 x 200m Relay	

Team Fees/Expenses

A team fee of \$195 + HST + a processing fee will be charged to each athlete upon selection to the team. The team fee covers:

- Travel via charter bus
- A one-night hotel stay
- Dinner on January 31st
- Breakfast on February 1st
- Lunch on February 1st (provided by meet organizers)
- Entry fees
- One (1) competition singlet
 - ***Additional meals/snacks, competition apparel, etc., not listed above will be the sole responsibility of each athlete.***

Fees are due by January 23rd, 2026, at 12:00 p.m. (noon) Eastern Time. Any athlete who does not submit their team fee by the deadline will be removed from the roster. Removed athletes **may be** replaced with eligible/qualified athletes at the discretion of the Selection Committee.

Travel and Accommodations

Athletes *must* travel and stay with the team via the provided bus and accommodations. Athletes/their parents are responsible for transportation to and from one of the to-be-confirmed bus pick-up locations.

Uniforms

Selected athletes will receive one (1) Team Ontario singlet.

Team Selection Guidelines

Team Composition

1. Total number of athletes allowed on the team: 50
2. Maximum number of female athletes allowed on the team: 28
3. Maximum number of male athletes allowed on the team: 28

A maximum of three (3) entries is permitted to score per event per province.

The Selection Committee reserves the right to adjust the selections to ensure the most competitive team. Priority will be given to those athletes who can compete in multiple events. Vacant events may be filled at the discretion of the selections committee.

Eligible Performances

1. Qualifying performances will be accepted from the indoor season beginning November 1st, 2025. The qualifying window will close on January 11th, 2026.
2. Athletes who have declared by the deadline will be a part of the selection pool.
 - a. **IMPORTANT: ALL INTERESTED ATHLETES MUST DECLARE TO BE CONSIDERED FOR TEAM SELECTION.** The athlete (via coaches/parents) is responsible for submitting their best-verified performance during the qualification period. Performances must appear on the 2025-2026 Athletics Canada Indoor Rankings and be from an Athletics Ontario-sanctioned meet.
 - b. **Athletics Ontario/the Selection Committee does not and will not track performances during the qualification period. Selections will be based on the pool of declared athletes.**

Selection Process

The team will be selected as follows.

1. **Team Selection Meet: Saturday, January 10th & 11th, 2026.**
 - a. Auto select = winner + selection standard for the event.
2. The remaining spots will be filled based on declared performances from athletes who meet the selection standard, based on the descending order list of eligible performances.
3. Any other remaining spots may be filled by athletes who have yet to achieve the selection standard but are the top-ranked declared athletes from the descending order list of eligible performances.

NOTE:

It is the responsibility of coaches/parents/athletes to submit their best performances. The Selection Committee will only use verified performances declared by each athlete.

It is the responsibility of coaches/parents/athletes to correctly calculate and declare performances that require conversions (see section below).

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Acceptable Performances

Only indoor performances appearing on the Athletics Canada rankings or indoor converted performances will be accepted.

Conversions

The following table outlines the events that will be accepted for conversions to events contested at the Dual Meet. Converted times may be used for seed purposes.

ON vs. QC Dual Meet Event	Accepted Alternatives for Conversion
60m	50m (i)
300m	200m (i), 400m (i)
800m	600m (i), 1000m (i), 1200m (i)
2000m	1500m (i), 3000m (i)

The following table provides the calculation that must be used to convert to Dual Meet events. No other conversions will be accepted.

Convert	Calculation
50m to 60m	50m time x 1.158
200m to 300m 400m to 300m	200m time x 1.605 400m time x 0.713
600m to 800m 1000m to 800m 1200m to 800m	600m (i) time in sec. x 1.435 1000m (i) time in sec. x 0.7654 1200m (i) time in sec. /1.645
1500m to 2000m 3000m to 2000m	1500m (i) time in sec. x 1.3921 3000m (i) time in sec. x 0.6470

Relay Team Selection

Relay teams (4x200m) will be chosen from the pool of athletes selected for the team for individual events.

Appeals

1. Athletes who were not selected for the team and have met the athlete eligibility requirements may submit an appeal.
 2. All appeals, including those under medical or extenuating circumstances, must be submitted using the ON v. QC U16 Dual Appeal Form. The appeal form will be available upon request. Requests must be sent to:
angela.whyte@athleticsontario.ca
 - a. Injury appeals require medical documentation, as requested in the appeal form.
 - b. Medical documentation/notes must be emailed by the appeal deadline.
 - i. Email to - angela.whyte@athleticsontario.ca
 3. **All appeals are subject to a non-refundable \$50.00 fee. Appeals will not be reviewed until payment is received.**
 - a. If the appeal is successful, the appeal fee will be applied to the team fee.
 4. Appeal Submission Deadline:
 - a. **Friday, January 16th, 2026, at 12:00 p.m. (noon) Eastern Time.**
- NO LATE APPEALS WILL BE ACCEPTED**
5. All appeals will be addressed and closed by Tuesday, January 20th, 2026.

Team Ontario - Athlete Responsibilities

1. Team staff will monitor team members' **physical readiness and health status** and have the authority to make substitutions where necessary. An athlete who is considered unfit or injured by the Team Staff may be replaced.
2. All Team Staff and athletes must abide by the [AO Code of Conduct](#), which can be found under the "AO Member Code of Conduct."
3. Upon selection to Team Ontario, all athletes are expected to participate fully. Any athlete violating the honest effort rule will be noted, with the potential of future Team Ontario event selection affected.

Athlete Declaration Form

Athlete declarations must be made online. The declaration link is available [HERE](#). The declaration deadline is **Sunday, January 11th, 2026, at 11:59 p.m. Eastern Time.**

NO LATE DECLARATIONS WILL BE ACCEPTED.

Contact

If you have any questions, please email, before deadlines:

angela.whyte@athleticsontario.ca

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Selection Standards

IMPORTANT NOTE:

These standards are most applicable to the auto-selection as outlined above in this selection criteria document. Athletes that do not hit the standards below will still be eligible for selection. The remaining spots that have not been filled by auto-selected athletes will be filled based on the descending performance list of declared athletes.

Please read this selection criteria, in its entirety, to understand athlete eligibility and the selection process.

2026 TEAM ONTARIO Ontario vs. Québec U16 Dual Meet

GIRL'S STANDARDS	EVENTS	BOY'S STANDARDS
8.14	60m	7.58
44.04	300m	40.30
2:27.14	800m	2:10.21
6:41.96	2000m	6:08.69
9.85	(.762) 60mH (.840)	9.91
No Standard	1500m Race Walk	No Standard
1.42m	High Jump	1.52m
No Standard	Pole Vault	2.30m
4.71m	Long Jump	5.24m
9.73m	Triple Jump	10.74m
9.48m	(3kg) Shot Put (4kg)	9.56m
13.04m	(5.45kg) Weight Throw (7.26kg)	9.38m

Standards were created using the average of the 5th place performances from the past three ON v. QC U16 Dual competitions (2025, 2024, 2023). Exception: Girl's Pole Vault and Boy's and Girl's 1500m Race Walk. These events do not have 5th place results in the past three years of the ON v. QC U16 Dual competition

Appendix A: Indoor Meet Opportunities

Refer to the following list of Ontario meets during the ON. v QC. U16 Dual qualification period. Note that this list reflects meets that allow athletes to record performances during the qualification window. The dates of the competitions listed below may change at any time.

This list is not exhaustive and does not include other meets athletes may attend to record performances that are eligible for team selection, including out-of-province competitions.

Please refer to the event listings under the “Events” tab on the Athletics Ontario website for the most up-to-date meet information, including links to meet websites and meet registration, which can be found under “Indoor Track and Field”. Click [HERE](#) to view the AO “Events” page.

Ontario Based Meets

(dates and locations are subject to change. Please check AO Events page for most up-to-date competition information)

- November 29th, 2025 - York Holiday Open
- December 13th, 2025 - Bolton Pole Vault All Comers #1
- December 13th, 2025 - Flying Angels Great Canadian Track & Field Festival
- December 27th, 2025 - Ontario Track and Field Finale
- December 27th 2025 - ADG Holiday Classic
- January 3rd, 2026 - Sharon Anderson Memorial
- January 4th, 2026 - Variety Village Season Opener
- January 10th & 11th, 2026 - ON vs. QC U16 Dual Meet Selection Meet