



**2026 ONTARIO vs. QUEBEC
U16 DUAL MEET
TEAM STAFF SELECTION CRITERIA**

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2026 Ontario vs. Québec U16 Dual Meet

Overview

The ON vs. 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, and as such, athletes should fall within the appropriate athlete development category (Train to Train).*

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

DATES OF INTEREST

DATES	DESCRIPTION	LOCATIONS/INFORMATION
November 5 - November 23, 2025	Coaching Staff Application Period	See the “How To Apply” section of this document
November 26, 2025 November 27, 2025	Team Ontario Coach Announcement	AO Coaching Zone Newsletter AO Weekly Newsletter AO Instagram
December 3, 2025 7:30 p.m. ET	Team Ontario Coach’s Meeting	Online: Zoom
January 7, 2026	Performance Tracking List Release	List of auto selections and descending order list
January 10 -11, 2026	Team Ontario Selection Meet	Toronto Track & Field Centre
January 12, 2026 7:30 p.m.	Team Ontario Selection Meeting	Online: Zoom
January 14, 2026	- Provisional Team Announcement (pending appeals) - Appeals Open	AO Website, AO Weekly Newsletter AO Instagram/Facebook Stories
January 16, 2026 12:00 p.m. (noon)	Athlete Appeal Deadline (Late appeals will not be accepted or considered)	Appeals responses sent by January 20, 2025
January 21, 2026	<i>Final Team Announcement</i>	AO Website, AO Weekly Newsletter AO Instagram/Facebook
January 31, 2026	Team Travel to Québec	
February 1, 2026	ON vs. QC Meet	Complexe Sportif Claude-Robillard

All dates and locations are subject to change on short or no notice. All times are Eastern Time.

Note: There will be more than one Team Staff meeting. Meeting dates will be scheduled after the first staff meeting.

General Information

Applications for Coaching roles with Athletics Ontario teams are accepted from active Athletics Ontario coaches accredited by the National Coaching Association (NCCP) and Athletics Ontario. An active coach is defined as a coach responsible for preparing and supervising the training and competition programs for Athletics Ontario member athletes.

Positions Available

There will be a maximum of four (4) coaching positions available, with two (2) Head Coaches selected from the event coaches outlined below.

1. Sprints/Hurdles Coach
2. Endurance Coach
3. Jumps Coach
4. Throws Coach

Coach Responsibilities

1. Take responsibility for preparing athletes in the assigned event group to achieve their best possible results.
2. Ensure the safety and well-being of all athletes, including chaperone duties.
3. Submit a report covering his/her area of responsibility and recommendations following the event.
4. Actively participate in the selection process and documentation of team athletes.
5. Attend all staff meetings, the trial meet, and the U16 Dual Meet.
6. Work cooperatively with other members of the Team Staff.
7. Assist in administrative duties.
8. Take on additional duties as requested by the Head Coach(es) or AO (where required).
9. Supervise athletes from the departure to the return of the team.
10. Conduct themselves appropriately as representatives of AO and the province of Ontario.
11. Demonstrate a strong commitment to the team aspect of the competition by upholding team expectations, and reporting any issues to the Head Coach.
12. Be in good standing with AO and the Coaches Association of Ontario.

Head Coaches

1. Assist in preparing informational memos for athletes and staff, lead all team meetings, and handle protest submissions as needed.

Selection Factors

1. Must have a 2026 AO Coach Membership and be in good standing at the time of selection through the end of the team event.
2. Must be minimum Club Coach Certified.
3. Event-specific Coaching Certification is considered an asset.
4. Demonstrated experience at the appropriate level and actively coaching in the same event in which applying to coach.
5. Gender equity.
6. Language diversity.
7. Team player who can adhere to Athletics Ontario's team objectives and policies.

Travel and Accommodations

Coaches must travel and stay with the team via the provided bus and accommodations. Coaches will be responsible for their transportation to and from one of the bus pick-up locations.

How To Apply

Please apply by filling out the application form, which is linked [HERE](#).

APPLICATION DEADLINE: Sunday, November 23th, 2025, 11:59 p.m. ET.

If you have any questions, please reach out to Saheed Khan at saheed.khan@athleticsontario.ca