



2026 TVRA

TRACK & FIELD CHAMPIONSHIP

MEET INFORMATION

Where: Alumni Stadium, Western University, London

When: Thursday, May 14 - Friday, May 15, 2026

PARKING:

- **Parking is free** at TVRA, and you do not need to use the HONK app to pay.

ENTRIES:

- The entry fee is covered by TVRA
- Entries for TVRA **MUST** be received by Franco Ielapi at RMC by **Sunday, May 10 @ 11:59 pm**
- Entries will be made through [AthleticNet](#).
- Performance lists will be posted: **Monday, May 11**, in [AthleticLive](#)
- Scratch deadline: **Wednesday, May 13 @ 9:00 am**. Made directly in AthleticNet. No additions allowed, only scratches.
- Athletes achieving **top 12-results at TVRA will advance** to WOSSAA

ELIGIBILITY:

[2026 Playing Regulations](#)

- TVRA/WOSSA eligibility lists must be uploaded to the TVRA website by the entry deadline.
 - All athletes **MUST** participate in **16**-team practices and must compete in one exhibition meet to qualify for TVRA championships.
 - Each school may enter up to **3** athletes per event, and up to **3** relay teams per event.
 - Each athlete may enter in up to a maximum of **3** events, and a maximum of **2** relays.
 - **Event Standards:** Athletes must meet the posted qualification standards. If there is an event where no athlete makes the standard, you may enter one athlete in each event without meeting the standard.
- [TVRA qualification standards](#)

RESULTS:

- Live results will be posted at [AthleticLive](#), and all meet info will be posted at [ONTRACK.COM](#)

COACHES MEETING:

- There will be a brief coaches' meeting at 8:30 am for announcements, updates or questions.
- This will be inside the Official's Lounge.

EVENT RESPONSIBILITIES:

- Each conference will be responsible for certain event responsibilities. Please register for an event on the form using this link.
 - [Event Responsibilities](#)
- Please arrive at least 30 minutes prior to the event to pick up your athlete list and any equipment necessary.
- We will have tape measures and clipboards for officials to use, however, please try your best to bring your own.
- Lunch will be provided for all the adults who are officiating. This will also be served in the Pavilion Lounge. (Student helpers receive volunteer hours for their efforts)

WEIGH-INS:

- Weigh-ins should be done at least an hour in advance of the event. Weigh-ins will be located near the javelin runway.
- The weigh-in station will close 1-hour before the last event, each day.

MARSHALLING:

- Marshaling for all Field Events will take place at the competition site.
- Coaches and spectators are expected to stay out of this area and may watch from the grass.
- Marshaling for all Track Events will take place near the start line of each race. Athletes will be marshaled 15 minutes prior to their event.
- Please limit athletes and coaches on the infield.
- Athletes will be allowed to warm up on the backstretch when not in use.



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NUMBERS/UNIFORM:

- No bibs will be used at TVRA.
- Athletes must compete in their school uniforms. Relay team members must wear identical tops. The OFSAA Uniform policy will be in effect.

AWARDS:

- The awards table will be located near the pavilion.

PROTESTS:

- Any protest must be made in writing and submitted to the WOSSAA Convenor within 30-minutes of the results being posted. A \$50 deposit must accompany the protest and will be refunded if you win the protest.

ADVANCEMENT TO WOSSAA:

- The **top 12 finishers** in each event shall advance to WOSSAA.
- Inform Franco Ielapi of any **scratches** as soon as possible so that he can advance the next athlete to WOSSAA.
- WOSSAA Information can be found on the ONTRACK.COM website when it becomes available.

TVRA SPIRITWEAR:

- Positive Identity will be on-site with souvenir sales on Thursday and Friday.
- Pre-order using this link: <http://www.positiveidentity.com/tvra/>. Orders can be purchased and/or picked up at the event.
- Please share this link with your athletes. Orders are open until Tuesday, May 12, at midnight.

OTHER IMPORTANT INFORMATION:

- **Spectators** must remain in the stands. Please do not stand at the railing.
- **Tents** in the stand are not to be lower than halfway up the stands, in order to maximize seating and viewing for fans. There is also plenty of room in the greenspace around the stadium for team tents.
- **NON-COMPETING ATHLETES MUST REMAIN OFF OF THE INFIELD.** Coaches...please help keep your fans off the field.
- **First Aid** will be available on-site.
- No portable stereo systems are allowed inside Alumni Stadium.
- No footballs, Frisbees, soccer balls, etc.
- Throwing implements may only be used in the designated completion areas.
- Athletes are reminded that absolutely **no club insignia** will be allowed in the competition areas.
- Student-athletes must remain fully clothed in the appropriate attire in the competition area, AND use the designated washroom or change area to change to and from competition attire.
- **FOOD:** The concession stand will be open and available for food and beverages. Subway and Barakat Restaurants are available at the top of the hill along Western Road.
- **GARBAGE:** Please encourage the use of trash containers for depositing garbage. As the meet comes to an end, please ensure that your team area is clean and tidy.
- **EMERGENCY:** In case of a weather emergency, all athletes and coaches will be evacuated to the gymnasium in the Western Athletic Centre, across the street. Coaches are asked to sit with their team, and the meet will resume 30 minutes after the last sighting of lightning.

If you have any meet questions, please email or text the meet convenor, Todd Mackay at t.mackay@tvdsb.ca

If you have any entry questions, please contact Franco at fielapi@ldcsb.ca



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MEET SCHEDULE

DAY 1

TRACK

FIELD

TIME	EVENT	TIME	EVENT
9:00 am	Open Boys 2000m Steeplechase (1 or 2 heats) (36")		
9:20 am	Novice Girls 80m Hurdles Heats (30") Junior Girls 80m Hurdles Heats (30") Senior Girls 100m Hurdles Heats (30") Novice Boys 100m Hurdles Heats (33") Junior Boys 100m Hurdles Heats (36") Senior Boys 110m Hurdles Heats (36")	9:00 am	Novice Girls Long Jump Novice Boys Shot Put Junior Boys Discus Senior Girls High Jump Senior Boys Javelin Senior Boys Triple Jump Novice Boys & Novice Girls Pole Vault *Boys Para Shot Put (4kg)
10:00 am	Novice Girls 100m Heats Junior Girls 100m Heats Senior Girls 100m Heats Novice Boys 100m Heats Junior Boys 100m Heats Senior Boys 100m Heats	11:30 am	Novice Girls Shot Put Novice Boys Long Jump Junior Girls Discus Junior Boys Triple Jump Senior Girls Javelin Senior Boys High Jump Junior & Senior Girl's Pole Vault *Girls Para Shot Put (3kg)
11:45 am	Open Girls 2000m Steeplechase (1 or 2 heats) (30")		
12:05 pm	Novice Girls 400m Timed Finals Junior Girls 400m Timed Finals Senior Girls 400m Timed Finals Novice Boys 400m Timed Finals Junior Boys 400m Timed Finals Senior Boys 400m Timed Finals Wheelchair Girls 400m Wheelchair Boys 400m		
1:30 pm	TRACK BREAK		
2:00 pm	Senior Boys 110m Hurdle Finals (36") Junior Boys 100m Hurdle Finals (36") Novice Boys 100m Hurdle Finals (33") Senior Girls 100m Hurdle Finals (30") Junior Girls 80m Hurdle Finals (30") Novice Girls 80m Hurdle Finals (30")	2:00 pm	Novice Girls High Jump Novice Boys Javelin Junior Girls Long Jump Junior Boys Shot Put Senior Girls Triple Jump Senior Boys Discus Junior & Senior Boys Pole Vault
2:45 pm	Novice Boys 1500m Timed Finals Junior Boys 1500m Timed Finals Senior Boys 1500m Timed Finals		
3:35 pm	Novice Girls 100m 'A' Finals - 'B' Finals Junior Girls 100m 'A' Finals - 'B' Finals Senior Girls 100m 'A' Finals - 'B' Finals Novice Boys 100m 'A' Finals - 'B' Finals Junior Boys 100m 'A' Finals - 'B' Finals Senior Boys 100m 'A' Finals - 'B' Finals Girls Visual, Intellectual, Ambulatory 100m Timed Finals Boys Visual, Intellectual, Ambulatory 100m Timed Finals		
3:55 pm	Novice Girls 1500m Timed Finals Junior Girls 1500m Timed Finals Senior Girls 1500m Timed Finals		
4:55 pm	Novice Girls 4 x 100m Relay, Timed Finals Junior Girls 4 x 100m Relay, Timed Finals Senior Girls 4 x 100m Relay, Timed Finals Novice Boys 4 x 100m Relay, Timed Finals Junior Boys 4 x 100m Relay, Timed Finals Senior Boys 4 x 100m Relay, Timed Finals		



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MEET SCHEDULE

DAY 2

TRACK

FIELD

TIME	EVENT	TIME	EVENT
9:00 am	Novice Girls 300m Hurdles, Timed Finals (30") Junior Girls 300m Hurdles, Timed Finals (30") Senior Girls 400m Hurdles, Timed Finals (30") Novice Boys 300m Hurdles, Timed Finals (33") Junior Boys 300m Hurdles, Timed Finals (33") Senior Boys 400m Hurdles, Timed Finals (36")	9:00 am	Novice Girls Javelin Novice Boys High Jump Junior Girls Shot Put Junior Boys Long Jump Senior Girls Discus Junior Girls Triple Jump
10:00 am	Senior Girls 3000m Timed Finals Senior Boys 3000m Timed Finals		
10:40 am	Novice Girls 200m Heats Junior Girls 200m Heats Senior Girls 200m Heats Novice Boys 200m Heats Junior Boys 200m Heats Senior Boys 200m Heats		
12:00 pm	Novice Boys 800m Timed Finals Junior Boys 800m Timed Finals Senior Boys 800m Timed Finals Visually Impaired, Ambulatory Boys 800m Intellectual Impairment Boys 800m Novice Girls 800m Timed Finals Junior Girls 800m Timed Finals Senior Girls 800m Timed Finals Visually Impaired, Ambulatory Girls 800m Intellectual Impairment Girls 800m	11:30 am	Novice Girls Triple Jump Novice Boys Discus Junior Girls High Jump Junior Boys Javelin Senior Girls Long Jump Senior Boys Shot Put
1:30 pm	TRACK BREAK		
2:00 pm	Novice Girls 200m 'A' Finals - 'B' Finals Junior Girls 200m 'A' Finals - 'B' Finals Senior Girls 200m 'A' Finals - 'B' Finals Wheelchair Girls 200m Finals Novice Boys 200m 'A' Finals - 'B' Finals Junior Boys 200m 'A' Finals - 'B' Finals Senior Boys 200m 'A' Finals - 'B' Finals Wheelchair Boys 200m Finals	2:00 pm	Novice Girls Discus Novice Boys Triple Jump Junior Girls Javelin Junior Boys High Jump Senior Girls Shot Put Senior Boys Long Jump
2:30 pm	Junior Girls 3000m Timed Finals Junior Boys 3000m Timed Finals Novice Girls 3000m Timed Finals Novice Boys 3000m Timed Finals		
4:00 pm	Mixed 4 x 400m Relay Finals (M-F-M-F) Open Girls 4 x 400m Relay Timed Finals Open Boys 4x 400m Relay Timed Finals		
4:40 pm	Awards Presentation		

Blocks of Events may run up to 20-minutes ahead of schedule.

The track will close at 8:45 am. At this time, no coaches, athletes, or spectators will be allowed in the competition area.

All athletes will marshal in the event area and will be directed to their event.

Warm-ups may only take place in the designated areas. One coach from each school is permitted at the pole vault area only. All other coaches must remain in the stands.

There will be no coaches or spectators allowed anywhere in the competition area at any time during the competition.



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TVRA EVENT STANDARDS

GIRLS

BOYS

Event	Novice	Junior	Senior	Novice	Junior	Senior
100m	15.00s	14.85s	14.70s	13.00s	12.75s	12.50s
200m	33.00s	32.75s	32.50s	28.75s	27.25s	26.25s
400m	1:18min	1:14min	1:10min	1:04min	1:02min	1:00min
Sp Hurdle	19.00s	19.00s	23.00s	20.00s	20.00s	22.00s
Long Hurdle	1:06min	1:02min	1:30min	1:00min	55.00s	1:22min
800m	3:10min	3:00min	3:00min	2:45min	2:35min	2:25min
1500m	6:45min	6:35min	6:30min	6:00min	5:25min	5:15min
3000m	15:00min	14:30min	14:15min	13:00min	12min	11:20min
Steeplechase			10:30min			8:30min
Long Jump	3.20m	3.40m	3.60m	4.00m	4.50m	5.00m
Triple Jump	8.00m	8.50m	8.50m	9.00m	9.50m	10.00m
High Jump	1.25m	1.30m	1.35m	1.40m	1.50m	1.60m
Pole Vault	1.50m	1.60m	1.80m	1.80m	2.00m	2.20m
Shot Put	6.00m	6.50m	6.25m	9.50m	10.00m	10.50m
Disc	15.00m	15.50m	18.50m	24.00m	25.50m	28.00m
Javelin	15.50m	16.50m	18.00m	20.00m	21.50m	33.00m

*If you do not have an athlete that meets the standard in an event, a school may have one free entry for that event.



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FACILITY MAP

