

CTAC 2024 Outdoor Competition Schedule

Below is a list of recommended meets for the Outdoor Season. Think of it as an a la carte menu, picking and choosing as you wish and/or fits your summer schedule. The McMaster University meets are excellent and should not be missed if possible. Bolded and italicized listings are highly recommended. They would be great culminating meets before your recovery period and the start-up to the cross-country season.

<i>Date/Time</i>	<i>Meet</i>	<i>Location</i>	<i>Event(s)</i>	<i>Target Group</i>
June 2	Hamilton Season Opener	McMaster University	400m/800m/3000m	Club Athletes
June 6-8	OFSAA Track & Field Championships	London	Championship Events	High School
June 13	<i>Hamilton 1500m Night</i>	McMaster University	1500m	Club Athletes
<i>June 26-30</i>	<i>National Championships</i> <i>*(standards apply)</i>	<i>Montreal</i>	<i>Championship Events</i>	<i>Club Athletes</i>
July 9	UTTC Twilight #1 (minimum)	Toronto	400m/800m/1500m/3000m	Club Athletes
July 14	Hamilton PB Night	Hamilton	400m/800m/1500m/3000m	Club Athletes
July 16	<i>Toronto 800m Night</i>	Varsity Stadium	800m	Club Athletes
July 19	<i>AO U20/Open Championships</i>	Toronto	<i>Championship Events</i>	<i>Club Athletes</i>

****CTAC Criteria***

(Performances must be achieved outdoors between January 1, 2023, and June 13 2024)

CTAC Standards							
400m		800m		1500m		3000m	
Male	Female	Male	Female	Male	Female	Male	Female
51.00	59.00	1:58.00	2:18.00	4:10.00	4:45.00	9:05.00	10:20.00
Athletics Canada U20 Standards							
49.00	57.10	1:54.80	2:11.75	3:58.50	4:35.50	8:40.00	9:55.00

****Grade 9 athletes are not eligible for this meet due to Athletics Canada rules.***