

CTAC 2026 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 and **great opportunities to hit standard times for 2026 indoor meets like NIN and/or NBN**. 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>
May 11/12	CISAA Championships	Toronto Track & Field Centre	Championship Events	High School
May 13/14	TDCAA Championships	Centennial Stadium	Championship Events	High School
May 13/14	TDSB South & West	Birchmount Stadium	Championship Events	High School
May 19/20	TDSB North & East	Centennial Stadium	Championship Events	High School
May 26&28	Metro Regional	Birchmount Stadium	Championship Events	High School
June 4-6	OFSAA Track & Field Championships	St. Catharines	Championship Events	High School
June 9	Hamilton 1500m Night	McMaster University	1500m	<i>Club Athletes</i>
June 16	UTTC Twilight #3	Varsity Stadium	400m/800m/1500m/2kSC	<i>Club Athletes</i>
June 17-21	<i>Canadian T&F Championships</i>	Terry Fox Ottawa	<i>Championship Events (standards apply)</i>	<i>Club Athletes</i>
June 30	YUTC Twilight #3	York University	TBA	<i>Club Athletes</i>
July 1	Hamilton Canada Day Twilight	McMaster University	400m/800m/1500m	
July 7	UTTC 800m Fest	Varsity Stadium	800m	<i>Club Athletes</i>
July 10-12	<i>AO U20/Open Championships</i>	Windsor	<i>Championship Events</i>	<i>Club Athletes</i>
July 24-26	<i>AO U14/U16/U18 Championships</i>	St. Catharines	<i>Championship Events</i>	<i>Club Athletes</i>
June/July	Hamilton 1500m Night UTTC 800m Night	Mona Campbell Track Hamilton/Varsity	1500m/800m	<i>Club Athletes</i>

***CTAC Criteria**

(Performances must be achieved outdoors between January 1, 2024, and July 15, 2025)

CTAC Standards							
400m		800m		1500m		3000m	
Male	Female	Male	Female	Male	Female	Male	Female
51.00	59.00	1:57.00	2:22.50	4:03.50	4:46.50	9:05.00	10:20.00
Athletics Canada U20 Championship Standards							
49.10	56.50	1:54.75	2:12.50	3:56.75	4:34.00	8:35.00	10:05.00
Athletics Canada U20 Minimum Standards							
55.00	62.00	2:05.00	2:33.00	4:30.00	5:10.00	11:00.00	9:12.00

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