

# KON-CAN Track and Field Event

*MAK - IT- GO*

*(Mangalorean, Africa, Karachi, India, Goa)*

**Sunday July 12th, 2026**

**St. Marcellinus Catholic Secondary School  
730 Courtneypark Dr. W Mississauga**

**9am- 4pm (Lunch 12pm-1pm)**

## Track and Field Events

Age Group	Name	Boys/Girls	Year	Events
Under 4 yrs	Newbies	B/G	2022-2025	50m
4 yrs	Toddlers	B/G	2022	50m
5-6 yrs	Peewee	B/G	2020-21	50m,100m
7-8 yrs	Mites	B/G	2018-2019	100m, 200m
9-10 yrs	Tykes	B/G	2016-2017	100m,200m, 400m, 800m, LJ
11-12 yrs	Atoms	B/G	2014-2015	100m, 200m, 400m, 800m, LJ
13-14 yrs	Juvenile	B/G	2012-2013	100m, 200m, 400m, 800m, LJ
11-14 yrs	Atoms and Juvenile	B/G	2012-2015	1500m
15-16 yrs	Midget	B/G	2010-2011	100m, 200m, 400m, 800m, LJ
17- 18 yrs	Youth	B/G	2008-2009	100m, 200m, 400m, 800m, LJ
15-18 yrs	Midget, Youth	B/G	2008-2011	1500m
19 – 24 yrs	Young Adult	B/G	2007-2002	1500m
40+	Adult	M	1977 - 1986	Shot Put
30+	Adult	F	1977 - 1986	Shot Put
55 -64	Older Adults	M/F	1926 - 1960	100m Walk
65 - 90	Seniors	M/F	1936 - 1961	100m Walk

# RELAYS

RELAYS	Name	Boys/Girls	Year	Events
7 – 10 yrs	Mites/Tykes	B/G	2016-2019	4 x100m
11 – 14 yrs	Atoms/Juvenile	B/G	2012-2015	4 x100m
15 – 18 yrs	Midget/Youth	B/G	2008-2011	4 x100m
19 – 24 yrs	Young Adult	B/G	2007-2002	4 x 100m
Mixed Relay (25-49)	Adult	M/F	1977- 2001	4 x100m
Mixed Relay (50+)	Adult	M/F	<1976	4 x 100m