



**THE ROYAL CANADIAN LEGION, ONTARIO COMMAND
WINTER INDOOR TRACK & FIELD CHAMPIONSHIPS 2016**

On January 23, 2016, approximately 400 young amateur athletes will gather from across Ontario at the Track & Field Centre, York University, Metro Toronto, Ontario.

Age Limits

YOUTH - Male and Female Athletes, 17 years of age and under at December 31st in the year of competition.

MIDGET - Male and Female Athletes, 15 years of age and under at December 31st in the year of competition.

Events for both male and female athletes

- 60 M Hurdles
 - 60 Meters
 - 200 Meters
 - 300 Meters
 - 400 Meters
 - 800 Meters
 - 1200 Meters
 - 1500 Meters
 - 2000 Meters
 - 3000 Meters
- Long Jump
 - High Jump
 - Triple Jump
 - Pole Vault
 - Shot Put (4 Kilo – Midget Boys)
 - (3 Kilo – Midget & Youth Girls)
 - (5 Kilo – Youth Boys)

1000 Meter Walk – Youth - Male and Female Athletes, 17 years of age and under. Midget Girls and Boys may enter, but this is one event only for each gender.

Provincial President Brian Weaver or in his absence his representative along with Provincial Track & Field Chairman John Crook, other V.I.P.’s and Legion dignitaries will be present for the official opening ceremonies at the complex on Saturday, January 23, 2016 for 9:15a.m. No Substitution or post entries will be permitted.

The Royal Canadian Legion is pleased to have the continued support from our Track & Field corporate sponsor Programmed Insurance Brokers Inc.

“Building a Nation Through Service”

For further information concerning the 2016 Legion Winter Track & Field Meet, please contact the Chairman John Crook (rclonttf@gmail.com) or Ms. Pamela Sweeny at the Ontario Command Office (905-841-7999).