



**THE ROYAL CANADIAN LEGION ONTARIO COMMAND
SUMMER TRACK AND FIELD CHAMPIONSHIPS 2016**

On July 8 & 9, 2016, approximately 400 young amateur athletes will gather from across Ontario at the Timmins Regional Athletic & Sports Complex, Timmins, Ontario

Age Limits

YOUTH - Male and Female Athletes, under the age of 18 years at December 31st in the year of competition.
MIDGET - Male and Female Athletes, under the age of 16 years at December 31st in the year of competition.

Events for both male and female athletes

80m Hurdles	Long Jump
100m Hurdles	High Jump
110m Hurdles	Triple Jump
200m Hurdles	Javelin (500gm – Youth & Midget Girls) (600gm – Midget Boys)
400m Hurdles	(700gm – Youth Boys)
100 Meters	Discus (1 kilo - Youth & Midget Girls– Midget Boys)
200 Meters	(1.5 kilo – Youth Boys)
300 Meters	Hammer (3 kilo – Youth & Midget Girls)
400 Meters	(4 kilo – Midget Boys)
800 Meters	(5 kilo – Youth Boys)
1200 Meters	Shot Put (3 kilo - Youth & Midget Girls)
1500 Meters	(4 kilo - Midget Boys)
2000 Meters	(5 kilo - Youth Boys)
3000 Meters	Pole Vault (Youth and Midget Boys and Girls)
1500 Meter Racewalk	1500 Meter Steeplechase (no water)
(Midget Girls/Boys)	(Midget Girls/Boys)
3000 Meter Racewalk	2000 Meter Steeplechase
(Youth Girls/Boys)	(Youth Girls/Boys)

While the meet will begin at 3:00 p.m. on Friday, July 8th, the official opening ceremony has been set for 8:45 a.m. on Saturday, July 9th. Provincial President Brian Weaver or in his absence, his representative along with Provincial Chairman John Crook, other V.I.P.S's and Legion dignitaries will be present for the official opening ceremony at the Timmins Regional Athletic & Sports Complex, Timmins, Ontario. No substitution or post entries will be permitted.

Some of the athletes who qualify at this meet will proceed to the Legion National Athletics Championships to be held in Ste. Therese/Blainville, Quebec, during August 5-7, 2016.

Each year close to a half million dollars in spent on the national event. Many of the more than 1,400 Legion Branches across Canada make donations to individual athletic clubs. The public and media are most welcome to attend this event.

The Royal Canadian Legion Ontario Command is please to have the continued support from out Track & Field corporate sponsor Programmed Insurance Brokers Inc.

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