

2019 Royal Canadian Legion District "A"

Track & Field Championships

June 14th & 15th

Sandwich SS, LaSalle, ON

TRACK SCHEDULE

Friday, June 14th

6:00 pm	Midget Girls 80 m Hurdles (30") Timed Final Midget Girls Pentathlon 80 m Hurdles (30") Youth Girls 100 m Hurdles (30") Timed Final Youth Girls Heptathlon 100 m Hurdles (30") Midget Boys 100 m Hurdles (33") Timed Final Midget Boys 100 m Pentathlon Hurdles (33") Youth Boys 110 m Hurdles (36") Timed Final Youth Boys 110 m Octathlon Hurdles (36 ")
6:30 pm	Youth Boys 2000 m Steeplechase (33") Final Youth Girls 2000 m Steeplechase (30") Final Midget Girls & Boys 1500 m Steeplechase (30") Final – no water jump
7:00 pm	Midget Girls 300 m Timed Final Midget Boys 300 m Timed Final Youth Girls 400 m Timed Final Youth Boys 400 m Timed Final
7:20 pm	Midget Girls 1200 m Final Midget Boys 1200 m Final Youth Girls 1500 m Final Youth Boys 1500 m Final
7:50 pm	Youth Girls Heptathlon 200 m Youth Boys Octathlon 400 m

Saturday, June 15th

9:00 am	Opening Ceremonies
9:15 am	Youth Boys Octathlon 100 m
9:30 am	Bantam Girls 1200 m Final Bantam Boys 1200 m Final Midget Girls 2000 m Final Midget Boys 2000 m Final Youth Girls 3000 m Final Youth Boys 3000 m Final
10:30 am	Tyke Girls 60 m Heats/Final Tyke Boys 60 m Heats/Final Atom Girls 100 m Heats/Final Atom Boys 100 m Heats/Final Bantam Girls 100 m Heats/Final Bantam Boys 100 m Heats/Final

Midget Boys 100 m Heats/Final
Midget Girls 100 m Heats/Final
Youth Girls 100 m Heats/Final
Youth Boys 100 m Heats/Final
Tyke Girls 100 m Heats/Final
Tyke Boys 100 m Heats/Final

11:15 am Atom Girls 300 m Timed Final
Atom Boys 300 m Timed Final
Bantam Girls 300 m Timed Final
Bantam Boys 300 m Timed Final

TRACK BREAK

12:45 pm Midget Girls 200 m Hurdles (30") Timed Final
Midget Boys 200 m Hurdles (30") Timed Final
Youth Girls 400 m Hurdles (30") Timed Final
Youth Boys 400 m Hurdles (33") Timed Final

1:15 pm Tyke 60 m Final (if nec)
Atom 100 m Final (if nec)
Bantam 100 m Final (if nec)
Midget 100 m Final (if nec)
Youth 100 m Final (if nec)
Tyke 100 m Final (if nec)

1:40 pm Bantam Girls 800 m Final
Bantam Boys 800 m Final
Midget Girls 800 m Final
Midget Boys 800 m Final
Youth Girls 800 m Final
Youth Boys 800 m Final
Midget Girls Pentathlon 800 m
Midget Boys Pentathlon 800m

2:20 pm Atom Girls 200 m Timed Final
Atom Boys 200 m Timed Final
Bantam Boys 200 m Timed Final
Bantam Girls 200 m Timed Final
Midget Girls 200 m Timed Final
Midget Boys 200 m Timed Final
Youth Girls 200 m Timed Final
Youth Boys 200 m Timed Final
Youth Girls Heptathlon 800 m
Youth Boys Octathlon 1000 m

FIELD SCHEDULE

Friday, June 14th

- 6:00 pm Girls Triple Jump (Bantam, Midget, Youth)
Midget Boys Shot Put (4 kg)
Youth Boys Javelin (700 g)
Midget/Youth Girls Hammer (3 kg)
- 7:00 pm Boys Triple Jump (Bantam, Midget, Youth)
Midget Girls Shot Put (3 kg)
Multi-Event Shot Put MG (3 kg), MB (4 kg), YG (3 kg), YB (5 kg)
Youth Girls Javelin (500 g)
Midget(4 kg)/Youth Boys Hammer (5 kg)

Saturday, June 15th

- 9:15 am Tyke Girls & Boys Long Jump
Bantam Girls Long Jump
Youth Girls High Jump
Bantam Boys Shot Put (3 kg)
Midget Boys Javelin (600 g)
Youth Boys Discus (1.5 kg)
- 10:00 am Bantam Boys Long Jump
Multi-Event Long Jump
Youth Boys High Jump
Bantam Girls Shot Put (3 kg)
Midget Girls Javelin (500 g)
Youth Girls Discus (1 kg)
- 10:45 am Atom Girls & Boys Long Jump
Bantam Girls High Jump
Midget/Bantam Boys Discus (1 kg)
Youth Boys Shot Put (5 kg)
- 11:15 pm Midget Girls Long Jump
- 11:30 pm Multi-Event High Jump
- 12:15 pm Tyke Girls & Boys Ball Throw
Atom Girls & Boys Ball Throw
Midget /Bantam Girls Discus (1 kg)
Youth Girls Shot Put (3 kg)
Bantam Boys High Jump
Midget Boys Long Jump
- 1:00 pm Midget Girls High Jump
Youth Girls Long Jump
- 1:30 pm Heptathlon/Octathlon Javelin YG (500 g), YB (700 g)
- 1:45 pm Midget Boys High Jump
Youth Boys Long Jump
- 3:00 pm Pole Vault at the University of Windsor Stadium