2022 Royal Canadian Legion District “A”

Track & Field Championships

June 17th & 18th

Sandwich SS, LaSalle, ON

**TRACK SCHEDULE—UPDATED JUNE 16/22**

Friday, June 17th

6:00 pm U16 Girls 80 m Hurdles (30”) Timed Final

 U18 Girls 100 m Hurdles (30”) Timed Final

 U16 Boys 100 m Hurdles (33”) Timed Final

 U18 Boys 110 m Hurdles (36”) Timed Final

6:30 pm U18 Boys 2000 m Steeplechase (33”) Final

7:00 pm U16 Girls 300 m Timed Final

 U16 Boys 300 m Timed Final

 U18 Girls 400 m Timed Final

 U18 Boys 400 m Timed Final

7:20 pm

 U18 Girls 1500 m Final

Saturday, June 18th ---UPDATED AS OF JUNE 16TH/22

9:00 am Opening Ceremonies

9:45 am U14 Girls 1200 m Final

 U16Girls 2000 m Final

 U18 Boys 3000 m Final

10:30 am U10 girls 50m Finals

 U10 boys 50m Finals

 U12 Girls 100 m Finals

 U12 Boys 100 m Finals

 U14 Girls 100 m Finals

 U14 Boys 100 m Finals

 U16 Boys 100 m Finals

 U16 Girls 100 m Finals

 U18 Girls 100 m Finals

 U18 Boys 100 m Finals

 U10 Boys 60m Finals

 U12 Girls 300 m Timed Final

 U12 Boys 300 m Timed Final

 U14 Girls 300 m Timed Final

 U14 Boys 300 m Timed Final

**TRACK BREAK**

12:30 pm U16 Girls 200 m Hurdles (30”) Timed Final

 U16 Boys 200 m Hurdles (30”) Timed Final

 U18 Girls 400 m Hurdles (30”) Timed Final

 U18 Boys 400 m Hurdles (33”) Timed Final

1:20 pm U14 Girls 800 m Final

 U16 Girls 800 m Final

 U16 Boys 800 m Final

 U18 Boys 800 m Final

2:00 pm U12 Girls 200 m Timed Final

 U12 Boys 200 m Timed Final

 U14 Girls 200 m Timed Final

 U16 Girls 200 m Timed Final

 U16 Boys 200 m Timed Final

 U18 Girls 200 m Timed Final

 FIELD SCHEDULE—UPDATED AS OF JUNE 16TH/22

Friday, June 17th

6:00 pm Girls Triple Jump (U14, U16, U18)

 U16 Boys Shot Put (4 kg)

 U18 Boys Javelin (700 g)

 U16 Girls Hammer (3 kg)

7:00 pm U16 Girls Shot Put (3 kg)

 U16/U18 Girls Javelin (500 g)

 U16 (4 kg) Boys Hammer (5 kg)

Saturday, June 18th

9:15 am U14 Girls Long Jump

 U18 Girls High Jump

 U14/U18 Girls Shot Put (3 kg)

 U16 Boys Javelin (600 g)

 U18 Boys Discus (1.5 kg)

10:00 am U14 Boys Long Jump

 U14/U16/U18Girls Discus (1 kg)

10:45 am U10/U12 Girls & Boys Long Jump

 U16/U14 Boys Discus (1 kg)

 U18 Boys Shot Put (5 kg)

11:15 am U16 Girls Long Jump

12:15 pm U10 Boys Ball Throw

 U16 Boys Long Jump

1:00 pm U16 Girls High Jump

 U18 Girls Long Jump

1:45 pm U18 Boys Long Jump