

DRAFT ROYAL CANADIAN LEGION
2023 DISTRICT F and
PROVINCIAL TRACK & FIELD QUALIFYING MEET

| | |
|---------------------------------|--|
| DATE: | SAT June 24, 2023 |
| TIME: | Registration after 8:30 a.m. Opening Ceremonies 9:30.a.m. Track and Field Events 10:00 a.m. |
| VENUE: | Civic Recreation Complex 99 Thornton Road South Oshawa, Ontario, L1J 5Y1 905-436-5454 Map: http://www.oshawa.ca/mun_res/civic/location.asp |
| MEET CONVENOR: | Stephen Bell: rcl43sbell@gmail.com |
| MEET HOSTs | Durham Dragons Athletics Track and Field Club |
| AGE CLASSES: | Youth Athletes, Under 18 born 2006 and 2007 Midget Athletes, Under 16 born 2008, 2009, 2010 |
| VERY IMPORTANT | No entries on the day of the meet. This meet is for young Male & Female Athletes who live in District F. District F boundaries are shown at the RCL Ontario Command Website. Basically this is LOSSA and COSSA. Athletes must provide proof of current Health Card, and home address at the registration table. Athletes not living in Dist F who try to register on Meet Day will not be permitted to compete. Athletes chosen for the District F Team may compete at the RCL Provincial Champs. |
| Volunteers and Officials | Must be provided by Clubs, Coaches, Parents, Volunteers |
| | |

EVENTS:**MIDGET – UNDER 16 - GIRLS & BOYS**

100m, 200m, 300m,
800m, 1200m, 2000m,
1500m Racewalk
1500m Steeple Chase (Boys .762m, Girls .762m) no water jump
Girls 80m HURDLES (.762m)
Boys 100m HURDLES (.84m)
Girls 200m HURDLES (.76m)
Boys 200m HURDLES (.76m)
LONG JUMP, TRIPLE JUMP,
HIGH JUMP, POLE VAULT,
Girls (3Kg) Boys (4Kg) SHOT PUT,
Girls (500g) & Boys JAVELIN (600g)
Girls & Boys DISCUS (1kg).

YOUTH – UNDER 18 GIRLS AND BOYS

100m, 200m, 400m,
800m, 1500m, 3000m
Girls 2000m STEEPLECHASE (.762m)
Boys 2000m STEEPLECHASE (.84m)
Boys and Girls 3000m RACEWALK
Girls 100m HURDLES (.762m)
Boys 110m HURDLES (.91m)
Girls 400m HURDLES (.762m)
Boys 400m HURDLES (.84m)
LONG JUMP, TRIPLE JUMP,
HIGH JUMP, POLE VAULT,
SHOT PUT (3kg Girls/5kg Boys)
JAVELIN (700g Boys & 500g Girls)
DISCUS (1kg Girls/1.5 kg Boys)

MEDALS:

FIRST, SECOND & THIRD IN EACH EVENT. At medal presentation, athletes are to confirm intention to compete at RCL Provincial Championships if selected

| | |
|-------------------|--|
| ENTRIES: | NO ENTRY CHARGE FOR EVENTS AND NO NEED TO BE REGISTERED WITH ANY CLUB OR ATHLETICS ONTARIO |
| Entry Deadline | Wed June 21 2023 alanbaigent@sympatico.ca |
| WAIVER | ATHLETES Must Bring signed WAIVERS to the meet. |
| SCHEDULE: | REFER TO SCHEDULE. CHANGES MAY BE MADE DEPENDING ON THE ENTRIES. TIMES ARE APPROXIMATE. PLEASE PREPARE YOUR ATHLETES ACCORDINGLY. |
| TECHNICAL: | All events are Timed Finals including all sprints and runs 6mm SPIKES MAXIMUM TRACK WILL RUN 15&U GIRLS & BOYS, 17&U GIRLS & BOYS IAAF REGULATIONS WILL GOVERN MEET PROCEDURES ATHLETES IN THROWS should SUPPLY OWN IMPLEMENTS |

PERFORMANCE STANDARDS & DISTRICT 'F' TEAM SELECTION

Our District 'F' Team will be competing in the Provincial RCL Champs at Brampton July 7-8 . Athletes must travel to the Meet on the Team Bus. We are allowed max 3 entries per age, per gender, per event. Each athlete is limited to 3 events, .

Athletes will be chosen by a Selection Committee using a points system by comparing results from this Meet to results at the Provincial Meet for 5 years. If results from this year would have placed him/her first last year, then that is one point. Do the same for last 5 yrs for each event. Lowest point scores make the Team.

Athletes may be chosen to compete in the PENT/HEP/OCT. They will be evaluated by the committee. Up to 40 may be chosen for the District F Team.

There will be no cost for Team Members for bus transportation, accommodation, Friday Supper, and Saturday breakfast. Athletes should bring money for incidentals and snacks, plus Saturday Lunch and food for bus home

| |
|----------------------|
| DISTRICT F |
| 2023 Schedule |

| TRACK | | FIELD |
|--|---|--|
| 10:00 a.m. | | 10:00 a.m. |
| 1500m and 2000m STEEPLECHASE One Section Final Each .762m G--.762m B 1500m no water jump 762m G--.84m B 2000m – with water jump | U16 Girls & Boys U18 Girls and Boys | LONG JUMP - Boys U16 HIGH JUMP – Girls U18 JAVELIN – Boys U16 and U18 TRIPLE JUMP – Girls U16 SHOT PUT – Girls U16 |
| | | 11:15 a.m. |
| 200m HURDLES <i>Heat Timed Finals</i> U16 Girls .762m; U16 Boys .84cm | U16 GIRLS & BOYS | LONG JUMP - Girls U16 TRIPLE JUMP – Boys U16 POLE VAULT – All Girls and Boys JAVELIN - Girls U16 and Girls U18 SHOT PUT – Boys U16 HIGH JUMP – Boys U18 |
| 400m HURDLES Heats timed finals U18 Girls .762m, U18 Boys 84m | U18 GIRLS & BOYS | |
| 100m Timed Finals 1200m Finals – section(s) 1500m Finals – section(s) 300m Finals – Timed Sections 400m Finals – Timed Sections | ALL GIRLS & BOYS U16 GIRLS & BOYS U18 GIRLS & BOYS U16 Girls & Boys U18 Girls and Boys | |

LUNCH

1:00p.m.

01:00:00 PM

| | | |
|--|---|---|
| <p>80/100/110m HURDLES <i>Timed Finals –</i></p> | <p>U16 GIRLS AND BOYS U18 GIRLS and BOYS</p> | <p>LONG JUMP – Girls U18 TRIPLE JUMP -- Boys U18 SHOT PUT – Boys U18 DISCUS – Girls U16 and U18 HIGH JUMP – Boys U16</p> |
| <p>1500m Racewalk 3000m Racewalk <i>Finals</i></p> | <p>U16 GIRLS & BOYS U18U GIRLS & BOYS</p> | |
| <p>800m Finals <i>timed section(s)</i></p> | <p>U16 GIRLS & BOYS U18 GIRLS & BOYS</p> | |
| | | |
| <p>200m Finals <i>timed sections</i></p> | <p>U16 Girls and Boys U18 GIRLS & BOYS</p> | <p>HIGH JUMP – Girls U16 DISCUS – Boys U16 and U18 SHOT PUT – Girls U18 LONG JUMP – Boys U18 TRIPLE JUMP – Girls U`8</p> |
| <p>2000m Finals 3000m Finals</p> | <p>U16 Girls amd Boys U18 Girls and Boys</p> | |
| | | |

Print Name

Signature of Legal Guardian.

Email