



Royal Canadian Legion District G Track and Field Championships  
U10/12/14 and U20/Open/Master Prep Meet  
Saturday June 17<sup>th</sup>, 2023  
Hosted by Brockville Legion Track and Field Club

- Location:** Thousand Islands Secondary School  
2510 Parkedale Ave, Brockville, ON K6V 3H1
- Sanctioned by:** Royal Canadian Legion Athletics Ontario
- Hosted by:** Brockville Legion Track and Field Club
- Age Groups:** Legion District G Championship and Provincial Championship Qualifier:  
U16 & U18 Age Groups  
Prep Meet:  
U10/U12/U14 and U20/Open/Masters
- Meet Director:** Laura Sivers Email: [brockvillelegiontrack@gmail.com](mailto:brockvillelegiontrack@gmail.com)
- Legion District G Contact:** Laura Sivers Email: [brockvillelegiontrack@gmail.com](mailto:brockvillelegiontrack@gmail.com)
- Entry Deadline:** **Tuesday June 13<sup>th</sup> @11:59 pm**  
Entries received after this date will not be accepted.
- Entry Fee:** **\$5 for Legion District Championships Events**  
**\$10 for Prep Meet events**
- Entries online:** **[www.Trackiereg.com/DistrctG2023](http://www.Trackiereg.com/DistrctG2023)**
- Waiver:** A signed waiver and photography release form must be submitted on site at the registration table before athletes will be allowed to compete.
- Entry Confirmations:** Performances lists will be visible online on Trackie as entries are received.
- Schedule:** Tentative schedule is attached. The Schedule is subject to change based on entries received. Final schedule will be posted ONLINE by noon on June 16th
- Check-in Procedures:** All Athletes are to check in at the Start Line 15 minutes before the scheduled start line for the track event and directly to the field event site 15 minutes before the scheduled start time for the event.
- Awards:** Medals will be awarded to top finishers in each event.
- Start Rule:** IAAF rule 162. No False starts allowed.

**Implements:** Personal implements will be allowed and once checked-in, will be entered into the competition equipment pool.

**Protests:** All protest must be made as outlined in IAAF rule 146. In all cases, protests must be filed within 30 minutes of the official announcement or release of the results. If no protest is received within the above mentioned time limit, the result as released will stand. If a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeal to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The protest fee is \$50.00 will be returned if the protest is upheld.

### **RCL District G Track and Field KEY INFORMATION:**

There is a restriction of 3 events per athlete.

It is recommended that those athletes interested in being considered for the multiple events, compete a minimum of two events (eg, hurdles, high jump, shot put.....). Please provide the results links to other competitions in which you have completed the remaining required events for consideration to the District G Team.

**If athletes know that they will not be available for the Provincial Meet, we ask that you let the District Chairman know prior to leaving the meet.**

Athletes who reside outside of the District G boundaries are welcome to compete however inclusion to the Provincial meet must be pre-approved by **BOTH** District Chairs.

District G Boundaries <https://www.on.legion.ca/districts?Dist=District%20G>

Provincial List <http://on.legion.ca/home>

### **Provincial Meet Information:** : RCL Ontario Outdoor Track and Field Championships

Date: July 7th & 8th, 2023

Location: Terry Fox Track & Field Stadium

9050 Bramalea Rd, Brampton, ON, L6S 6G7

### **Selection to the District G team for Provincial Championships:**

The District G team will be selected using the following criteria:

All U16 and U18 top two finishers will be considered for the District G Team

The results from the meet will then be compared to the results of the last five years of the Legion Provincial Championships to select those representing the District.

Those selected will be notified by email or phone, if the emails are not responded to.

\*Note a maximum of two athletes per event may be selected for the team.

### **U10/12/14/20/Open/Masters Prep Meet Information:**

There are no restrictions on area boundaries, all are welcome to compete.

Please note that heats and ages may be combined and run according to seed times. All events are not offered for all age groups. Please see registration info on Trackie and schedule.

#### **Events offered:**

3000mSC  
2000mSC  
1500mSC (no Water jump)  
80mH  
100mH  
110mH  
200mH  
400mH  
100m  
200m  
300m  
400m  
800m  
1200m  
1500m  
2000m  
3000m  
1500mRW  
3000mRW

Long jump  
Triple Jump  
High Jump  
Pole Vault  
Discus  
Javelin  
Shot put

\*Hammer Throw to be held in conjunction with Ottawa Lions Twilight June 14<sup>th</sup> and results used for District G Qualification