

DISTRICT K LEGION / ONTARIO SUMMER GAMES TRIALS 2024

Under 10- Grade 2 and 3 students (Born in 2015, 2016)

Events (Boys and Girls)	60m	Long Jump (Floating Board)
	200m	Vertical Jump
		Chest Push (1kg)
		Turbo Javelin 300g

Under 12- Grade 4 and 5 students (Born in 2013 and 2014)

Events (Boys and Girls)	80m	Long Jump (Floating Board)
	200m	Vertical Jump
	600m	Chest Push (1Kg)
		Turbo Javelin 300g

Under 14- Grade 6 and 7 students (Born in 2011 and 2012)

Events (Boys and Girls)	80m	Long Jump
	150m	High Jump
	300m	Shot Put (Girls 3 KG –Boys 4KG)
	800m	Discus (1kg) Club Athletes only
	1200m	Turbo Javelin 300g
	2000m	4x100m
	200m hurdles	60m hurdles 60cm

Under 16- Grade 8 and 9 students (Born in 2009 and 2010)

Events (Boys and Girls)	100m	High Jump
	200m	Long Jump
	300m	Triple Jump
	800m	Discus (1kg)
	1200m	Shot Put (Girls 3 KG –Boys 4KG)
	1500m race walk	Javelin (Girls 500g –Boys 600g)
	2000m	Pole Vault
	80m Hurdles (Girls)	200m Hurdles
	100m Hurdles (Boys)	4x100m
	1500m Steeple	

U18- Grade 10 and 11 students (Born in 2007 and 2008)

Events (Boys and Girls)	100m	High Jump
	200m	Long Jump
	400m	Triple Jump
	800m	Discus
	1500	Shot Put (Girls 4 KG –Boys 12lbs)
	3000m	Javelin (Girls 700g –Boys 500g)
	3000m race walk	Pole Vault
	100m Hurdles (Girls)	400m Hurdles
	110m Hurdles (Boys)	4x100
	2000m Steeple	

ROYAL CANADIAN LEGION DISTRICT K / ONTARIO SUMMER GAMES TRIALS
TRACK & FIELD MEET

DATE: Saturday, June 15th, 2024

TIME: 10:00 am

PLACE: TDSS

SCHEDULE OF TRACK EVENTS

All events will go in the following age class order: U18, U16, U14, U12, U10,
unless otherwise stated.

10:00 am 2000m + 1500 Steeple, U18, U16
200m Hurdles U16, U14
400m Hurdles- U18
150m-U14
200m Timed Section Finals- U18, U16, U12, U10
600m Timed Section Finals - U12
800m Timed Section Finals U18, U16, U14
100m Heats- U18, U16,
80m, 60m Heats – U14, U12, U10
1500m Timed Section Finals- U18
1200m Timed Section Finals- U16, U14

30 Minute Break

60m Hurdles Timed Section Final– U14
80m & 100m Hurdles Timed Sections- U16, U18 Girls
100m & 110m Hurdles Timed Section Finals- U16, U18 Boys
300m Timed Section Finals- U16, U14
400m Timed Section Finals- U18
60m, 80m Final– U10, U12, U14 – A and B Finals (TOP 12 RUNNERS)
100m Finals- U16, U18
1500m Walk, U16
3000m Walk, U18
3000m Timed Section Finals- U18
2000m Timed Section Finals- U16, U14
4X 100m Relay- U12, U14, U16, U18

SCHEDULE OF FIELD EVENTS

ROUND 1- 10:00 a.m.

U18, U16 Girls Long Jump- -Pit # 1
U18, U16 Boys Long Jump- Pit# 2
U10 Girls Vertical Jump followed by U10 Boys Vertical Jump
U10 Boys Chest Push (1Kg) followed by U10 Girls Chest Push (1Kg)
U18, U16 Boys Shot Put
U18, U16, U14 Girls Discus
U12 Boys followed U12 Girls Turbo Javelin (300mg)

ROUND 2-11:15 a.m.

U18, U16 Boys and Girls Pole Vault
U14 Girls Long Jump- Pit #1 + #2 – Two pits if required
U14 Boys Long Jump- Pit #3 + #4 – Two pits if required
U12 Girls Vertical Jump followed by U12 Boys Vertical Jump
U12 Boys Chest Push (1Kg) followed by U12 Girls Chest Push (1Kg)
U14 Girls Shot Put
U18, U16, U14 Boys Discus
U18, U16, U14 Boys High Jump

ROUND 3-12:30 p.m.

U10 Girls Long Jump - Pit #1 + #2 – Two pits if required – Floating Board
U10 Boys Long Jump - Pit #3 + #4 – Two pits if required – Floating Board
U18, U16 Girls Shot Put
U18, U16, U14 Girls High Jump
U14 Boys and U14 Girls Turbo Javelin (300g)

ROUND 4- 1:45 p.m.

U12 Girls Long Jump - Pit #1 + #2 – Two pits if required – Floating Board
U12 Boys Long Jump - Pit #3 + #4 – Two pits if required – Floating Board
U14 Boys Shot Put (3Kg)
U18, U16 Javelin Throwers girls and boys combined
U10 Boys and U10 Girls Turbo Javelin (300g)

Round 5- 3:00 pm

U18, U16 Girls and Boys Triple Jump two pits if required