

Royal Canadian Legion District G Track and Field Championships (U16/U18)
 U14/U16 Ontario Summer Game Qualifier U10/U12 and U20/Open Masters Prep Meet
 Saturday June 15th, 2024

Time	Track		Age Group/ Specifications	
9:00	1200m	Finals	U14	Female followed by Male
	1200m	Finals	U16	Female followed by Male
9:20	1500m	Finals	U18	Female followed by Male
	1500m	Finals	U20/Open/Master	Female followed by Male
9:50	60mH	Timed Finals	27"	Female/Male (U12)
	80mH	Timed finals	30"	Female (U14/U16)
	80mH	Timed finals	30"	Male (U14)
	100mH	Timed finals	30"	Female (U18)
	100mH	Timed finals	33"	Female (U20/Open/Master)
	100mH	Timed finals	33"	Male (U16/Master)
	110mH	Timed finals	36"	Male (U18/Master)
	110mH	Timed finals	39"	Male(U20)
	110mH	Timed finals	42"	Male (Open)
10:30	1500mSC	Finals	30"	Female followed by Male
	2000mSC	Finals	30"F, 33"M	Female followed by Male
11:00	80m- PARA	Prelims	U12/U14* Part of Ontario's Fastest Kids	Female followed by Male
	80m	Prelims	U10	Female followed by Male
	80m	Prelims	U12 * Part of Ontario's Fastest Kids	Female followed by Male
	80m	Prelims	U14* Part of Ontario's Fastest Kids	Female followed by Male
	100m	Prelims	U16	Female followed by Male
	100m	Prelims	U18	Female followed by Male
	100m	Prelims	U20/Open/Master	Female followed by Male
	1500mRW/3000mRW	Timed finals		Combined
11:55	300m	Timed finals	U10/U12	Female followed by Male
	300m	Timed finals	U14/U16	Female followed by Male
	400m	Timed finals	U18	Female followed by Male
	400m	Timed finals	U20/Open/Master	Female followed by Male
12:30	2000m	Timed finals	U14/U16	Female followed by Male
1:00	80m- PARA	Finals	U12/U14* Part of Ontario's Fastest Kids	Female followed by Male
	80m	Finals	U10	Female followed by Male
	80m	Finals	U12 * Part of Ontario's Fastest Kids	Female followed by Male
	80m	Finals	U14 * Part of Ontario's Fastest Kids	Female followed by Male
	100m	Finals	U16	Female followed by Male
	100m	Finals	U18	Female followed by Male
	100m	Finals	U20/Open/Master	Female followed by Male
	200mH	Timed finals	30"	Female (U14/U16)
	200mH	Timed finals	30"	Male (U14/U16)
1:35	400mH	Timed finals	30"	Female (U18)
	400mH	Timed finals	30'	Female (U20/Open)
	400mH	Timed finals	33"	Male(U18)
	400mH	Timed finals	36"	Male (U20/Open)
1:50	3000m	Timed finals	U18	Female followed by Male
	3000m	Timed finals	U20/Open/Master	Female followed by Male
2:20	150m	Timed finals	U10/12	Female followed by Male
	150m	Timed finals	U14	Female followed by Male
	200m	Timed finals	U16	Female followed by Male
	200m	Timed finals	U18	Female followed by Male
	200m	Timed finals	U20/Open/Master	Female followed by Male
	800m	Timed finals	U10/U12	Female followed by Male
	800m	Timed finals	U16/U14	Female followed by Male
	800m	Timed finals	U18	Female followed by Male
	800m	Timed finals	U20/Open/Master	Female followed by Male

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Time	Field	Age Group	
9:00	Javelin	U14(400g)/U16 (600g) /U18(700g)/U20(800g)/ Open(800g)/Master	Male
9:00	Triple Jump	U16/U18/U20/Open/Master	Female
9:30	Pole Vault	U16/U18/U20/Open/Master	Female
9:30	Shot put	U10(2k)/ U12(2.72k)	Male/Female
10:30	Discus	U14(750g)/U16(1kg)/U18(1kg)/ U20(1kg)/Open(1kg)/Master	Female
10:30	Long Jump	U14/U16/U18/U20/Open/Master	Male
10:30	High Jump	U10/U12/U14	Male/Female
11:30	Pole Vault	U16/U18/U20/Open/Master	Male
12:00	Shot put	U14(3kg)/U16(4kg)/U18(5kg)/ U20(6kg)/Open(7.26kg)/Master	Male
12:00	High Jump	U16/U18/U20/Open/Master	Male
12:00	Long Jump	U14/U16/U18/U20/Open/Master	Female
12:00	Javelin	U14(400g)/U16(500g)/ U18(500g)/U20(600g)/ Open(600g)/Master	Female
12:15	Long Jump	U10/12	Male/Female
2:00	High Jump	U16/U18/U20/Open/Master	Female
2:00	Shot put	U14/U16(3kg)/U18(3kg)/ U20(4kg)/Open(4kg)/Master	Female
2:00	Discus	U14(750g)/U16(1kg)/U18(1.5kg)/ U20(1.75kg)/Open(2kg)/Master	Male
2:00	Triple Jump	U16/U18/U20/Open/Master	Male

THURSDAY JUNE 13th CARACO FIELD INVISTA CENTRE KINGSTON

'5:00	HAMMER THROW	U16/U18/U20/Open/Master	Male/Female
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