

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
	1200m	Finals	U16	Female
	1200m	Finals	U14/U16	Male
9:20	1500m	Finals	U18/Master	Female
	1500m	Finals	U18/Open	Male
9:40	60mH	Timed Finals	27"	Female (U12)
	60mH	Timed Finals	27"	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"	Male (U16)
	110mH	Timed finals	36"	Male (U18)
	10:20	1500mSC	Finals	30" No Water jump
2000mSC		Finals	30"	Female U18
2000mSC		Finals	33"	Male U18
10:50	80m	Prelims	U10	Female
	80m	Prelims	U10/U12	Male
	80m	Prelims	U12	Female
	80m	Prelims	U14	Female
	80m	Prelims	U14	Male
	100m	Prelims	U16	Female
	100m	Prelims	U16	Men
	100m	Prelims	U18/U20	Female
	100m	Prelims	U18/U20/Open	Male
	'11:20	1500mRW	Timed finals	U16
11:40	300m	Timed finals	U10/U12	Female
	300m	Timed finals	U10/U12	Male
	300m	Timed finals	U14	Female
	300m	Timed finals	U14/U16	Male
	300m	Timed finals	U16	Female
	400m	Timed finals	U18/Open	Female
	400m	Timed finals	U18	Male
12:10	2000m	Timed finals	U14	Male
	2000m	Timed finals	U16	Female
Track Break				
1:00	80m	Finals	U10	Female
	80m	Finals	U10/U12	Male
	80m	Finals	U12	Female
	80m	Finals	U14	Female
	80m	Finals	U14	Male
	100m	Finals	U16	Female
	100m	Finals	U16	Men
	100m	Finals	U18/U20	Female
	100m	Finals	U18/U20/Open	Male
	'1:20	200mH	Timed finals	30"
200mH		Timed finals	30"	Male (U14/U16)
1:30	400mH	Timed finals	30"	Female (U18)
	400mH	Timed finals	33"	Male(U18)
1:40	3000m	Timed finals	U18	Female
	3000m	Timed finals	U18	Male
2:10	150m	Timed finals	U10/U12	Female
	150m	Timed finals	U12/U14	Male
	150m	Timed finals	U14	Female
	200m	Timed finals	U16	Female

	200m	Timed finals	U18	Female
	200m	Timed finals	U16/U18/Senior	Male
2:30	800m	Timed finals	U12	Female
	800m	Timed finals	U12/U14	Male
	800m	Timed finals	U14	Female
	800m	Timed finals	U16/U18	Female
	800m	Timed finals	U16/U18	Male

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

THURSDAY JUNE 13th CARACO FIELD INVISTA CENTRE KINGSTON

'5:00	HAMMER THROW	U16/U18/U20/Open/Master	Male/Female
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Updated 6/13/24