**ROYAL CANADIAN LEGION 2024 DISTRICT F & ONTARIO SUMMER GAMES TRACK & FIELD QUALIFYING MEET**

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| **DATE:** | **Sunday, June 23rd 2024** |
| **TIME:** | Registration and Waivers at 8:30am  Opening Ceremonies 9:30am  Track and Field Events Start at 10:00am |
| **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:**  **MEET HOSTS** | Stephen Bell: rcl43sbell@gmail.com    Eclipse and Quinte Legion Track and Field Clubs |
| **AGE CLASSES:**          **VERY IMPORTANT**  **VOLUNTEERS & OFFICIALS** | **Youth Athletes**, Under 18 born 2007 and 2008.  **Midget Athletes**, Under 16 born2009, 2010.  **OSG Athletes** Under 14 and born 2011 and 2012.  No entries on the day of the meet. This meet is for U18/U16/U14 Male & Female Athletes who live in District F. District F boundaries are shown at the RCL Ontario Command Website (LOSSA and COSSA boundaries).  Athletes must provide proof of current Health Card, and home address at the registration table. Athletes who do not reside in District F will NOT be permitted to compete. Athletes chosen for the District F Team may compete at the RCL Provincial Champs in July.  Will be provided by Clubs, Coaches, Parents, Volunteers |
| **THROWS IMPLEMENTS** | Athletes should supply their own implements (to be verified) however, some will be provided by the meet hosts |

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| **AVAILABLE EVENTS:** |  |
| MIDGET – UNDER 16 - GIRLS & BOYS (2009 – 2010) | |
| 100m, 200m, 300m, 800m, 1200m, 2000m,  1500m Racewalk,  1500m Steeplechase (Boys 0.762m, Girls 0.762m) no water jump  Girls 80m Hurdles (0.762m), Boys 100m Hurdles (0.840m)  Girls 200m Hurdles (0.762m), Boys 200m Hurdles (0.762m)  Long Jump, Triple Jump, High Jump, Pole Vault,  Shot Put (3Kg Girls and 4Kg Boys)  Girls (500g) & Boys Javelin (600g) Girls & Boys Discus (1kg)    AVAILABLE EVENTS:  UNDER 14 EVENTS GIRLS AND BOYS (2011 – 2012)  80m 150m, 300m  800m,1200m ,2000m  80m Hurdles (0.762 for both girls and boys)  Girls 200m Hurdles (0.762m), Boys 200m Hurdles (0.762m)  800m Race Walk  Long Jump, High Jump,  Shot Put (3kg), Discus (0.75kg), Javelin (400g) | |

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| YOUTH – UNDER 18 - GIRLS AND BOYS (2007 – 2008)  100m, 200m, 400m  800m, 1500m, 3000m  Girls 2000m Steeplechase (0.762m), Boys 2000m Steeplechase (0.840m)  3000m Racewalk  Girls 100m Hurdles (0.762m)  Boys 110m Hurdles (0.914m)  Girls 400m Hurdles (0.762m)  Boys 400m Hurdles (0.840m)  Long Jump, Triple Jump, High Jump, Pole Vault  Shot Put (3kg Girls and 5kg Boys)  Javelin (700g Boys and 500g Girls)  Discus (1kg Girls and 1.5kg Boys) |

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| **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 this meet. You do not need to be part of a Club or registered with Athletics Ontario.  \*Note those who want to declare for Ontario Summer Games will need to be registered with Athletics Ontario. |
| **ENTRY DEADLINE** | Wednesday June 19th by 11:59pm via Trackie Only – no late entries will be accepted and no same day entries.  <https://www.trackie.com/event/rcl-district-f-championships-and-provincial-summer-games-track-and-field-qualifying-meet/1008774/> |
| **WAIVER** | **ALL ATHLETES MUST BRING A SIGNED THE WAIVER TO PARTICIPATE IN THIS MEET. WAIVERS WILL BE AVAILABLE ON THE PREMISSES.** |
| **SCHEDULE:** | See Schedule below – Changes may be made depending on number of entries. All times are approximate and subject to change on meet day. Please prepare your athletes accordingly |
| **TECHNICAL:** | All events are Timed Finals including all sprints and runs.  6mm SPIKES MAXIMUM  TRACK WILL RUN 14&U Girls & Boys, 16&U Girls and Boys and 18&U Girls and Boys  CURRENT IAAF REGULATIONS WILL GOVERN MEET PROCEDURES  ATHLETES IN THROWS SHOULD SUPPLY OWN IMPLEMENTS |
| **WARM UP AREA** | Athletes can warm up on the infield – and must stay back from the track while events are in progress.  Parents and Spectators must stay in the stands. |

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| **PERFORMANCE STANDARDS & DISTRICT ‘F’ TEAM SELECTION** |
| Our District ‘F’ Team will be competing in the Provincial RCL Champs at Toronto July 12-13 . 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 years 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, and Friday Supper. Athletes should bring money for incidentals and snacks, plus Saturday and food for bus home. |

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| **DISTRICT F** | |  | |
| 2024 Schedule – Tentative | |  | |
| **TRACK** | | | **FIELD** |
| **10:00 a.m.** | | | **10:00 a.m.** |
| 200m HURDLES  Heat Timed Finals  U14 Girls & Boys 0.762  U16 Girls & Boys 0.762  400m HURDLES  Heats timed finals  U18 Girls .0762m,  U18 Boys 0.840m | U14 & U16 Girls & Boys    U18 Girls & Boys | | LONG JUMP - Boys U14 and U16    HIGH JUMP – Girls U18    JAVELIN – Boys U14, U16 and U18    TRIPLE JUMP – Girls U16    SHOT PUT – Girls U14 and U16 |
|  | | | **11:15 a.m.** |
| 1500m Steeplechase (Boys & Girls 0.762m)  no water jump  One Section Final Each    2000m Steeplechase (Girls 0.762m), ( Boys 0.840m), water jump  One Section Final Each | U16 Girls & Boys    U16 Girls & Boys | | LONG JUMP - Girls U14 and U16    TRIPLE JUMP – Boys U16    POLE VAULT – All Girls and Boys    JAVELIN - Girls U14, U16 and U18    SHOT PUT – Boys U14 and U16    HIGH JUMP – Boys U18 |
| 80m Timed finals  100m Timed Finals  1200m Finals – section(s)    1500m Finals – section(s)  300m Finals – Timed Sections  400m Finals – Timed Sections | U14 Girls and Boys  U16/U18 Girls & Boys  U14/U16 Girls & Boys  U18 Girls & Boys  U14/U16 Girls & Boys  U18 Girls & Boys | |  |
| **300m Finals – Timed**  **Sections**    **400m *Finals – Timed***  ***Sections*** | **15 & UNDER GIRLS&BOYS**    **17&UNDER GIRLS&BOYS** | |
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| L**UNCH** |  | |
|  | 01:00:00 PM | |
| 80/100/110m HURDLES  Timed Finals | U14 Girls & Boys  U16 Girls & Boys  U18 Girls & Boys | LONG JUMP – Girls U18    TRIPLE JUMP - Boys U18    SHOT PUT – Boys U18    DISCUS – Girls U14, U16 and U18    HIGH JUMP – Boys U14 and U16 |
| 800m Finals  timed section(s*)* | U14 Girls & Boys  U16 Girls & Boys  U18 Girls & Boys |  |
| 150m  200m  Finals timed sections | U14 Girls & Boys  U16 Girls & Boys  U18 Girls & Boys | HIGH JUMP – Girls U14 and U16  DISCUS – Boys U16 and U18  SHOT PUT – Girls U18  LONG JUMP – Boys U18  TRIPLE JUMP – Girls U18 |
| 2000m Finals  3000m Finals | U14/U16 Girls & Boys  U18 Girls & Boys |  |
| 800M Racewalk  1500m Racewalk  3000m Racewalk  Finals | U14 Girls & Boys  U16 Girls & Boys  U18 Girls & Boys |  |

SIGNED WAIVER TO THE MEET FOR EACH ATHLETE

SANCTIONED AND REQUIRED BY:

THE ROYAL CANADIAN LEGION - ONTARIO COMMAND

**RELEASE, WAIVER, PHOTO WAIVER AND INDEMNITY**

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor and to have photos taken in the

**2024 ROYAL CANADIAN LEGION DISTRICT F AND Provincial Qualifying Meet June 23**

I, for myself, my heirs, executors, administrators, successors and assigns

HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

The Royal Canadian Legion - Ontario Command

Royal Canadian Legion District F

City of Oshawa

Eclipse Track and Field

Quinte Legion Track and Field

Steven Bell

Tom Carr

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by negligence

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO

INDEMNIFY all the aforesaid from and against all liability incurred by any or all of those arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE, AND INDEMNITY.

I WARRANT that I am physically fit to participate in this event, and I authorize photos of me to be taken at this meet for press release purposes and for the Legion Magazine.

**PLEASE PRINT CLEARLY**

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Date Print Athlete Name Athlete Signature

# Athlete Date of Birth \_\_\_\_day \_\_\_ month \_\_\_\_\_year MALE FEMALE\_\_\_

Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-Mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home City/Town\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Local Legion\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If selected for the District F Team, I will compete at Toronto Jul 12/13**

yes \_\_\_\_\_\_\_ no\_\_\_\_\_\_\_\_ Athlete Health Card Current? \_\_\_\_\_\_ yes

Bus Pickup: Belleville\_\_\_\_\_\_ Brighton\_\_\_\_\_\_ Port Hope \_\_\_\_\_\_ Oshawa \_\_\_\_\_\_ Pickering\_\_\_\_\_\_\_

Parent or guardian or Power of Attorney to sign below. Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Print Name Signature of Legal Guardian. Email