



**Royal Canadian Legion  
District E  
Track and Field Championships**

**LOCATION:** ST. THERESA'S HIGH SCHOOL  
(MIDLAND – MAP ATTACHED)  
**DATE:** SATURDAY JUNE 14<sup>th</sup>, 2025  
**REGISTRATION:** 8:00 AM  
**OPENING CEREMONIES:** 9:00 AM  
**FIRST EVENT:** 9:30 AM

**OPEN TO EVERYONE**

**Age Divisions**

**U18 years (born 2008-2009)  
U16 years (born 2010-2011)  
U14 years (born 2012-2013)  
U12 years (born 2014-2015)  
U10 years (born 2016-2017)**

**For further information contact**

**Betty SMITH  
705-388-4010**

**Meet Director  
Cliff DeFREITAS  
[meetchief.district.e@gmail.com](mailto:meetchief.district.e@gmail.com)  
705-725-1477**

**Entries Director  
Mary Ann BROWNE  
[entries.district.e@gmail.com](mailto:entries.district.e@gmail.com)  
705-725-1477**

**District Track & Field Chairman  
Betty SMITH  
705-388-4010**

**District E Commander  
Rick PRESTON  
905-208-0236**

## MEET INFORMATION

### Facility:

- Synthetic 6 lane oval, 8 lane straight away track, 6 mm spikes allowed
- There will be starting blocks, but you are encouraged to bring your own if you have them
- Washrooms are available
- First aid will be provided
- Everyone is to come self-contained for lunch. Cafeteria will not be open.

Regular Entry deadline: June 9, 2025 @ 11:59 pm done solely on Trackie.com  
\$15.00 for 1<sup>st</sup> event, \$10.00 for 2<sup>nd</sup> event and \$5.00 for 3<sup>rd</sup> event per athlete

Late Entry Deadline: June 11, 2025 @ 10:00 am (events increased at \$5.00/event)  
\$20.00 for 1<sup>st</sup> event, \$15.00 for 2<sup>nd</sup> event and \$10.00 for 3<sup>rd</sup> event per athlete

- Athletes can enter a maximum of 3 events
- All entries are to be done electronically via Trackie.com
- No post entries accepted
- Attached waivers **MUST** be brought completed and signed by a parent to the meet for each individual athlete (**NO** blanket waivers will be accepted)
- Eligibility is based on HOME address not Club or School address
- See map attached.

Entries will be done on Trackie.com at the following link:

<https://www.trackie.com/event/royal-canadian-legion-district-e-track-field-championships/1022765/?admin=1>

**Entries Director**  
**Mary Ann BROWNE**  
[entries.district.e@gmail.com](mailto:entries.district.e@gmail.com)  
705-725-1477

**Provincial Meet:** Toronto Track & Field Centre – 231 Ian McDonald Blvd, North York – July 11-12, 2025.

Eligibility for entry to the Provincial meet will be based on performance at the District E Meet and by Legion Provincial Standards. The Provincial team will be selected upon completion of the District E Meet. Athletes will be notified by telephone. Information packages for the Provincial Meet can be picked up the day of the District Meet.

## **Rules: IAAF/Athletics Ontario rules apply**

### Seeding:

- Athletes will be assigned lanes according to seed times. Please seed athletes properly. Do not embarrass your athletes.

### Heats/Finals:

- The 100 metre event has been scheduled with heats and finals. If there are 13 or more athletes, we will run heats and finals. If there are less than 13 athletes, we will run a timed final only. In a timed final all top seeds will be in the same heat. They will run slowest to fastest heats.

### Field Events:

- Track events take precedence over field schedules. If the timing of a field event and track event conflict, the athlete must check in at both events, notify both officials of the conflict, and be ready to run the track event on time. The athlete will be able to return to the field event upon completion of the race with the following two exceptions:
  - 1) If the completion has progressed to the final six competitors then the event is closed.
  - 2) In high jump, or pole vault, the competitor must jump at the current height. The bar may not be lowered.

### Jumps/Throws:

- Each athlete will be allowed 3 jumps/throws for the following events: long jump, triple jump, shot put and javelin. The top 6 will advance to have an additional 3 more attempts.

### High Jump/Pole Vault:

- Athletes will be allowed 3 trials at each height and will be unable to progress to the next height unless a successful jump is made. Ties will be decided upon by the least number of misses.
- **Special note:** Pole vault will be contested on Friday June 13<sup>th</sup> at 6:00 pm at Georgian Bay District Secondary School located at 925 Hugel Ave, Midland, Ontario. If more than 15 participants total, the event will start at 5:00 pm with warmup at 4:00 pm.



## ROYAL CANADIAN LEGION ONTARIO PROVINCIAL COMMAND

I, the undersigned, grant to The Royal Canadian Legion, Ontario Provincial Command permission to use images of me photographed at the 2024 Track and Field Championships for purposes of display, ceremonies, publication and digital representation and other purposes in relation to the promotion of The Royal Canadian Legion and/or the Legion Provincial Track and Field Championships. I also give consent for the free use of my name and/or picture in any broadcast, telecast or other account of the above event.

\_\_\_\_\_  
Name of Athlete (please print)

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Name of Parent/Guardian (please print)

\_\_\_\_\_  
Signature of Parent/Guardian

THE ROYAL CANADIAN LEGION TRACK AND FIELD PROGRAM  
**PARENTAL-GUARDIAN CONSENT/PERSONAL HEALTH RECORD FORM**

(Select one or all three by indicating with an "X")

District

(PLEASE PRINT)

NAME \_\_\_\_\_ FEMALE / MALE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_

DATE OF BIRTH: Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

ATHLETE'S EMAIL ADDRESS: \_\_\_\_\_

PROVINCIAL HEALTH CARD NO./EXPIRYDATE: \_\_\_\_\_

DATE OF LAST COMPLETE MEDICAL CHECK UP: \_\_\_\_\_

If not available at the above address and phone number during the event(s), please provide the address and phone number where a parent or legal guardian may be reached.

PARENT OR LEGAL GUARDIAN:

ADDRESS: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_ EMAIL: \_\_\_\_\_

The parent or legal guardian is assuming full responsibility for the applicant's health being such that athletic activities will in no way aggravate any conditions present. It is assumed that the parent will know their child's condition or seek competent advice before completing the form. If for any reason the athlete's medical status changes after this form has been assigned and your consent should be withdrawn or changed, the parent/guardian is obligated to notify their Royal Canadian Legion -Provincial Command (905-841-7999) or Dominion Command in Ottawa at (613-591-3335).

List any illness or disability, including allergies, which might affect the applicant's ability to perform at this event.

\_\_\_\_\_  
\_\_\_\_\_

Clearly indicate all medications that the applicant must use during the event period. These must be clearly marked and handed to the nurse upon arrival. (Name of medication, condition for which it is prescribed, and dosage).

\_\_\_\_\_  
\_\_\_\_\_

I hereby, for myself, my heirs, executors and administrators, release and forever discharge The Royal Canadian Legion, its agents, servants, representatives, successors and assignee and other bodies, corporate firms associations or person connected with the competitors of any and from any and all rights, claims, demands and actions whatsoever that I may have for any and all loss, damage to my equipment or injury sustained by me during the said competition. I also give consent for the free use of my name and/or picture in any broadcast, telecast or other account of the above event. I attest and verify that I am physically fit. I further provide my consent for the provision of emergency medical treatment, if necessary.

SIGNATURE OF ATHLETE: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_



**SANCTIONED AND REQUIRED BY**  
**ATHLETICS ONTARIO**  
**RELEASE, WAIVER AND INDEMNITY**

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

**Royal Canadian Legion District E Track and Field Championships, Midland, Ontario June 14, 2025**

I, for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

**Athletics Ontario**  
**Royal Canadian Legion District E**  
**Cliff Defreitas**  
**Mary Ann Browne**  
**South Simcoe Dufferin Track and Field Club**  
**St. Theresa's Catholic High School**  
**Simcoe Muskoka Catholic District School Board**  
**City of Midland, County of Simcoe**

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 or my participation in the said event, whether as a spectator, participant, competition or otherwise, whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them 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 AGREE to withdraw from the race if so requested by the designated medical officer.

Date	Print Name	Signature If under 18 years, Parent or Guardian or Power of Attorney to sign below
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Date	Print Name	Signature of Parent or Guardian or Power of Attorney
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**Canadian Anti-Doping Program (CADP)**

Athletics Canada has adopted the 2009 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to all individuals, whether in the role of athletes or athlete support personnel, who are registered for and participate in this event. By signing below, I acknowledge that I am aware that the CADP applies to me and that I am subject to the CADP. Completion of an online education course may be required as part of my registration of this event. By participating in this event, I consent to the application of the CADP to me. For further information, please visit the Athlete Zone on the CCES Website. [www.cces.ca/athletezone](http://www.cces.ca/athletezone)

Date	Print Name	Signature Parent or Guardian or Power of Attorney to sign below
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Date	Print Name	Signature of Parent or Guardian or Power of Attorney
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THE ROYAL CANADIAN LEGION TRACK AND FIELD PROGRAM

PARENTAL-GUARDIAN CONSENT/PERSONAL HEALTH RECORD FORM (Select one or all three by indicating with an "X")

A variety of therapeutic services may be provided for the athletes attending a Legion District, Provincial and/or National

District

Provincial

National

Track and Field Competition. The therapists may be student therapists that are completing clinical hours as part of their educational program. The athletes may wish to receive treatment before their events to limber up their muscles or following their event to cool down and prevent lactic acid build up in their limbs. The student therapists will be supervised by registered therapists at all times and the treatment will be performed through clothing or directly on skin on areas already exposed (i.e. legs, arms, etc.).

ALL athletes under the age of 18 must have a parent or legal guardian sign the consent form before any of the therapeutic services are performed.

In order for an athlete to be eligible for these services, the following form must be completed, signed and provided to the Legion Provincial Command, which the athlete is representing:

First/Family Name of Athlete: \_\_\_\_\_ Female/Male: \_\_\_\_\_

Phone Number:(\_\_\_\_)\_\_\_\_\_

Do you have any condition(s) that we should be aware of: e.g. diabetes, cancer, phlebitis or high blood pressure?

Yes  No

Are you taking any medications?

Yes  No

If yes, please inform your student therapist and/or supervisor as certain conditions may make it inadvisable to receive certain types of treatment.

Please indicate on the list below, which forms of treatment you will/will not allow your child to undergo:

WILL ALLOW (✓) WILL NOT ALLOW (✓)

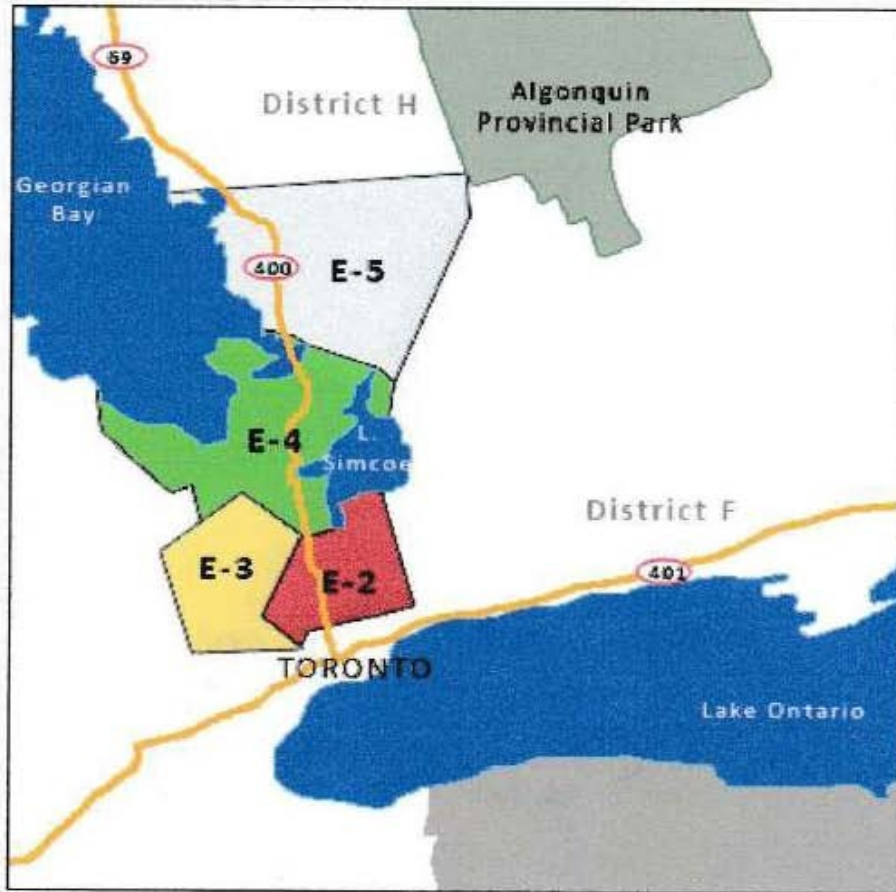
First Aid Treatment	<input type="checkbox"/>	<input type="checkbox"/>
Cryotherapy (ice)	<input type="checkbox"/>	<input type="checkbox"/>
Heat Therapy	<input type="checkbox"/>	<input type="checkbox"/>
Massage Therapy	<input type="checkbox"/>	<input type="checkbox"/>
Physiotherapy	<input type="checkbox"/>	<input type="checkbox"/>
Athlete Injury Taping	<input type="checkbox"/>	<input type="checkbox"/>
Acupuncture	<input type="checkbox"/>	<input type="checkbox"/>

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
(I give my consent for my child to be treated by a student therapist)

Signature of Athlete: \_\_\_\_\_ Date: \_\_\_\_\_  
(I consent to having a student therapist provide treatment)

**PLEASE BRING A COPY OF THE COMPLETED FORMS TO THE TREATMENT AREA AND GIVE TO THE SUPERVISOR IN CHARGE**

## District Map





## RCL DISTRICT E -OUTDOOR CHAMPIONSHIP EVENT SCHEDULE

Track Events \*\* Steeplechase is offered at this meet\*\*

**This is a rolling schedule for the track event. We will run ahead of schedule up to 30 min. if we are able.** Order of all races are Girls then Boys except hurdles (This will allow us to combine age groups without disrupting the order of competition. Athletes are to check in to see if ages will be combined. For example in the 1500m we often combine the girls and boys into one race.) Registration and bib pickup opens at 8:00am

<u>Time</u>	<u>Event</u>	<u>Event Type</u>
9:00 am	<b>Opening Ceremonies</b>	
9:30 am	U16 Girls and Boys 1500m (30") Steeplechase U18 Girls (30") and Boys 2000m (33") Steeplechase	Timed Final Timed Final
10:00 am	Sprint Hurdles (order is U16 Girls-80mH (30"), U18 Girls-100mH (30") U16 Boys-100mH (33"), U18 Boys 110mH (36"))	Timed Finals
10:45 am	1200m U14 & U16 Girls & U14 &16 Boys - 1500m U18 Girls & U18 Boys	Timed Finals
11:15 am	100m Heats/Finals (All athletes, Girls)(16 athletes or less=timed final)	
12:00 pm	300m(U10, U12, U14 & U16) / 400m(U18)	Timed Finals
12:30 pm	100m (If needed)	Finals
1:00	<b>TRACK BREAK</b>	
1:30pm	200mH - U16Girls & U16 Boys("30") 400mH - U18 Girls (30") U18 Boys (33")	Timed Finals
2:00pm	2000m - U14 & U16 Girls & U14 & U16 Boys, 3000m U18 Girls & Boys	Timed Finals
2:45pm	800m (All)	Timed Finals
3:15pm	200m (All)	Timed Finals

### **Field Events (Jumps) \*\*Pole Vault is offered at this meet\*\***

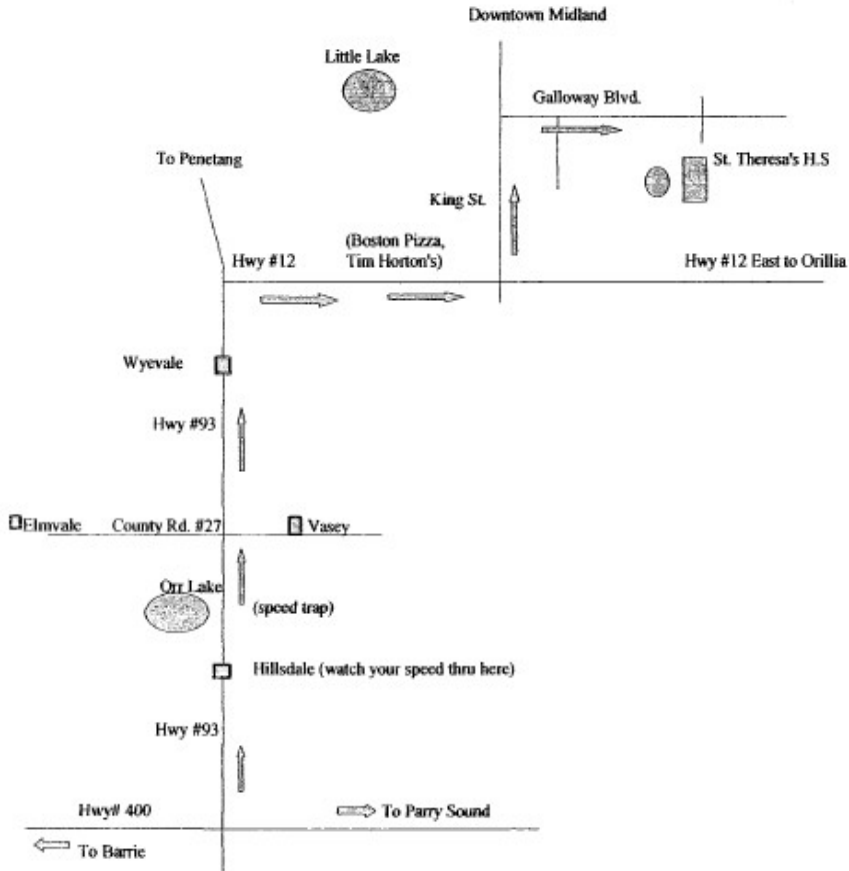
Athletes will get 6 attempts in the long & triple jumps unless there are more than 8 entries in an age group in which case only the top 8 athletes after their first 3 jumps will get an additional 3 jumps. In the high jump the athlete can continue until they have 3 consecutive misses.

<u>Time</u>	<u>Long Jump</u>	<u>Triple Jump</u>	<u>High Jump</u>	<u>Pole Vault</u>
6:00 pm	Fri, June 13/25 @ Georgian Bay District SS – 925 Hugel Ave, Midland			All girls & boys**
11:00am	All girls		All boys	
12:30am	All boys		All girls	
1:30pm		All girls		
2:45pm		All boys		

### **Field Events (Throws)**

<u>Time</u>	<u>Javelin</u>	<u>Shot Put</u>	<u>Discus</u>
10:00am		All Girls & Boys	
11:30am			All Girls & Boys
1:00pm	All Girls & Boys		

# Directions to St. Theresa's High School Midland, Ontario



St. Theresa's High School  
347 Galloway Blvd.  
Midland, Ontario