



Royal Canadian Legion District G Track and Field Championships (U16/U18)
Prep Meet (U10, U12, U14, U16 U20, Open, Masters)
Sunday June 22nd 2025
Hosted by Brockville Legion Track and Field Club

- Location:** Thousand Islands Secondary School
2510 Parkedale Ave, Brockville, ON K6V 3H1
- Sanctioned by:** Athletics Ontario
- Hosted by:** Brockville Legion Track and Field Club
- Age Groups:** U10(2016 and younger), U12(2014/2015), U14 (2012/2013), U16 (2010, 2011), U18(2008, 2009) , U20 (2006, 2007), Open (2005 and older) , Masters (35+ on date of meet)
- Meet Director:** Laura Sivers Email: brockvillelegiontrack@gmail.com
- Legion District G Contact:** Laura Sivers Email: brockvillelegiontrack@gmail.com
- Entry Deadline:** **Wednesday June 18th @11:59 pm**
Entries received after this date will not be accepted.
- Entry Fee:** **\$5 for Legion District Championships Events**
\$10 for Prep Meet events
Free entry into Finding Ontario's Fastest Kids Event (U12 80m)
- Entries online:** <https://www.trackie.com/event/DistrictG2025>
- Waiver:** A signed waiver and photography release form must be submitted on site at the registration table before athletes will be allowed to compete. Bulk Waivers are not accepted
- Entry Confirmations:** Performances lists will be visible online on Trackie as entries are received.
- Schedule:** Tentative schedule is attached. The Schedule is subject to change based on entries received. Final schedule will be posted ONLINE by noon on June 20th Hammer throw will be hosted by Kingston Track and Field on June 19th 4:45-6pm
- Check-in Procedures:** All Athletes are to check in at the Start Line 15 min before the scheduled start line for the track event and directly to the field event site 15minute before the scheduled start time for the event.
- Awards:** Medals will be awarded to top finishers in each championship event.

- Start Rule:** IAAF rule 162. No False starts allowed.
- Implements:** Personal implements will be allowed and once checked-in, will be entered into the competition equipment pool.
- Protests:** All protest must be made as outlined in IAAF rule 146. In all cases, protests must be filed within 30 minutes of the official announcement or release of the results. If no protest is received within the above mentioned time limit, the result as released will stand. If a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeal to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The protest fee is \$50.00 will be returned if the protest is upheld.

RCL District G Track and Field KEY INFORMATION:

Athletes found representing the wrong District, or competing in multiple districts, will only be included in the selection for the Provincial team if section 5.2.3 has been enacted and approved by all parties prior to registration. Should this occur without approval, participants will forfeit their further participation which could lead to being ineligible for other legion events. Information will be passed on to national coordinators to determine the outcome.

District G Boundaries <https://www.on.legion.ca/districts?Dist=District%20G>

Provincial List <http://on.legion.ca/home>

For those athletes interested in being considered for the multi-events, they must compete in a minimum of two events (eg, hurdles, high jump, shot put.....). Please provide results links to other competitions in which you have completed the remaining required events for consideration to the District G Team so a calculated score can be determined. These should be emailed to the District chair (brockvillelegiontrack@gmail.com) prior to leaving the meet indicating your interest in being selected as a multi-event athlete.

If athletes know that they will not be available for the Provincial Meet, we ask that you let the District Chairman know prior to leaving the meet.

Provincial Meet Information: : RCL Ontario Outdoor Track and Field Championships

Date: July 11th and 12th 2025

Location: Toronto Track and Field Center, York University

<https://athleticsontario.ca/event/ontario-legion-championships/>

Selection to the District G team for Provincial Championships:

The District G team will be selected using the following criteria:

All U16 and U18 top two finishers will be considered for the District G Team

The results from the meet will be compared to the results of the last five years of the Legion Provincial Championships to select those representing the District, with the most competitive team being selected based on placement in previous years. There is a maximum team size of 40 athletes.

Those selected will be notified by email or phone, if the emails are not responded to. Ensure that emails are correct in Trackie during registration and/or legible on waivers to enable communication.

*Note a maximum of two athletes per event may be selected for the team.

U10/12/14/U16/20/Open/Masters Prep Meet Information:

There are no restrictions on area boundaries, all athletes are welcome to compete.

Please note that heats and ages may be combined and run according to seed times. All events are not offered for all age groups. Please see registration info on Trackie and schedule.

Events offered:

2000mSC/1500mSC (no Water jump)

60mH/80mH/100mH/110mH

200mH/400mH

80m * Also part of Finding Ontario's Fastest Kid Event for U12 athletes

100m

150m/200m

300m/400m

800m

1200m/1500m

2000m/3000m

1500mRW/3000mRW

Field Events:

Long jump

Triple Jump

High Jump

Pole Vault

Discus

Javelin

Shot put

*Hammer Throw to be hosted by Kingston Track and Field Club on June 19th 2025