

ROYAL CANADIAN LEGION DISTRICT K / ONTARIO SUMMER GAMES TRIALS
TRACK & FIELD MEET

DATE: Saturday, June 14th, 2025

TIME: 10:00 am

PLACE: TDSS

SCHEDULE OF TRACK EVENTS

All events will go in the following age class order girls followed by boys: U18, U16, U14, U12, U10, unless otherwise stated.

10:00 am 2000m + 1500 Steeple, U18, U16

200m Hurdles U16, U14

400m Hurdles- U18

200m Timed Section Finals- U18, U16, U12, U10

600m Timed Section Finals - U12

800m Timed Section Finals U18, U16, U14

100m Heats- U18, U16 Straight Final or Top 6 to the Final

80m Heats – U14 – Possible Top 12 Advance to an A and B Final TBD

60m Heats - U12 - Possible Top 12 Advance to an A and B Final TBD

60m Heats - U10 - Possible Top 12 Advance to an A and B Final TBD

1500m Timed Section Finals- U18

1200m Timed Section Finals- U16, U14

30 Minute Break

60m Hurdles Timed Section Final– U14

80m & 100m Hurdles Timed Sections- U16, U18 Girls

100m & 110m Hurdles Timed Section Finals- U16, U18 Boys

300m Timed Section Finals- U16, U14

400m Timed Section Finals- U18

60m Final – U10, U12

80m Final - U14

100m Finals - If required- U16, U18

1500m Walk, U16

3000m Walk, U18

3000m Timed Section Finals- U18

2000m Timed Section Finals- U16, U14

4X 100m Relay- U14, U16, U18

SCHEDULE OF FIELD EVENTS

ROUND 1- 10:00 a.m.

U18, U16, U14 Girls Long Jump- -Pit #1 Pit #2
U18, U16, U14 Boys Long Jump- Pit# 3 Pit #4
U10 Girls Vertical Jump followed by U10 Boys Vertical Jump
U10 Boys Chest Push (1Kg) followed by U10 Girls Chest Push (1Kg)
U18 (5Kg), U16 (4Kg), U14 (3Kg) Boys Shot Put
U18, U16, U14 Girls Discus all (1Kg)
U12 Boys followed U12 Girls Turbo Javelin (300mg)

ROUND 2-11:15 a.m.

U18, U16 Boys and Girls Pole Vault
U10 Girls Long Jump - Pit #1 + #2 – Floating Board
U10 Boys Long Jump - Pit #3 + #4 – Floating Board
U12 Girls Vertical Jump followed by U12 Boys Vertical Jump
U12 Boys Chest Push (1Kg) followed by U12 Girls Chest Push (1Kg)
U14 Boys and U14 Girls Turbo Javelin (300g)
U18 (3Kg), U16 (3Kg), U14 (2Kg) Girls Shot Put
U18 (1.5Kg), U16 (1Kg), U14 (1Kg) Boys Discus
U18, U16, U14 Boys High Jump

ROUND 3-12:30 p.m.

U12 Girls Long Jump - Pit #1 + #2 – Two pits – Floating Board
U12 Boys Long Jump - Pit #3 – Floating Board
U18, U16, U14 Girls High Jump
U10 Boys and U10 Girls Turbo Javelin (300g)

ROUND 4- 1:45 p.m.

U18 (700mg), U16 (600mg) Javelin Throwers boys
U18 (500mg), U16 (500mg) Javelin Throwers girls
U18, U16 Girls and Boys Triple Jump two pits if required