

ROYAL CANADIAN LEGION 2025 DISTRICT F TRACK & FIELD MEET



Location: Mary Ann Sills Park – Bruce Faulds Track
Harder Drive and Palmer Road, Belleville, Ontario

Date: Saturday June 21st, 2025

Time: Registration and Waivers at 8:30am
Opening Ceremonies 9:30am
Track & Field Events Start at 10:00am

Facilitator: Stephen Bell: rcl43sbell@gmail.com
Eclipse T&F: info@eclipsetrackandfieldclub.ca
Quinte Legion T&F: Jordanfj.QLTFC@outlook.com

Sanctioning: Athletics Ontario

Age Classes: Age Groups eligible for this meet. Age calculated as of Dec 31st, 2025.

U18 (17 and under): Born in 2008 or later
U16 (15 and under): Born in 2010 or later
U14 (13 and under): Born in 2012 or later
U12 (11 and under): Born 2014 or later

Note: This meet is for athletes who are in the District F boundaries, which includes LOSSA and COSSA boundaries. Athletes not within the District F boundary will not be permitted to compete. Athletes must provide proof of home address (health card). Athletes will be chosen from this meet to represent the District F Legion Team which will compete at the Ontario Legion Meet in Toronto on July 11 – 12, 2025.

Volunteers: Will be provided by Clubs, Coaches and Parents and Volunteers

Officials: Will be provided by Clubs, Coaches and Parents and Volunteers

Entries: No Entry Fee for this meet. You do not need to be registered with Athletics Ontario or be part of a club.

Deadline: Wednesday June 18th by 11:59pm via Trackie only. No late entries will be accepted and no same day entries. No events will be added on the meet day.

Waiver: All Athlete must bring a signed waiver to be able to participate in this meet. Waivers will be available at the registration table.

Medals: Medals will be awarded for First, Second, Third in each event.

Throws Implements: Athletes can supply their own implements (to be verified) however some will be provided by the meet hosts.

Warm Up Area for Athletes: Athletes can warm up on the in-field but must stay away from the track while events are in progress

Spectators and Parents: Must stay in the stands and not on the infield.

Registration Link:

Technical Information:

- All Events are timed finals including all sprints and runs.
- 6mm spike length only
- Track events will run U14 Girls & Boys, U16 Girls and Boys and U18 Girls and Boys unless otherwise noted
- Current IAAF rules & regulations will govern the meet
- Starting Blocks are optional for sprint events (100m, 200m and 400m)
- Athletes who miss their track events will not be allowed to compete if missed
- Track Events take precedence over field events, athletes should check in at their field events first to advise the officials of their track events and once their track event is over, they must proceed immediately to their field event.

Registration Link:

Schedule: See Tentative Schedule below. All times are approximate and subject to change before or on meet day. A final schedule will be provided on Thursday June 19th, 2025.

Performance Standards & District F Team Selection:

Our District 'F' Team will be competing at the Provincial RCL Championships in Toronto July 11-12. 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 athletes 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 food on Saturday and food for the bus ride home.

Available Events by Age Group:

U12 & U14 Girls and Boys:

80m

U16 Girls and Boys:

100m, 200m, 300m,
800m, 1200m, 2000m,
1500m Racewalk,
1500m Steeplechase (0.762m) no water jump
80m Hurdles Girls (0.762m)
100m Hurdles Boys (0.840m)
200m Hurdles (0.762m)
Long Jump, Triple Jump, High Jump, Pole Vault,
Shot Put (3Kg Girls and 4Kg Boys)
Javelin Girls (500g) & Boys (600g)
Discus (1kg)

U18 Girls and Boys:

100m, 200m, 400m
800m, 1500m, 3000m
2000m Steeplechase Girls (0.762m)
2000m Steeplechase Boys (0.840m)
3000m Racewalk
100m Hurdles Girls (0.762m)
110m Hurdles Boys (0.914m)
400m Hurdles Girls (0.762m)
400m Hurdles Boys (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)

Legion District F Tentative Schedule:

Time	Event	Age Category	Gender
10:00am	200m Hurdles	U16	Girls
10:10am	200m Hurdles	U16	Boys
10:20am	400m Hurdles	U18	Girls
10:30am	400m Hurdles	U18	Boys
10:45am	1500m Steeplechase	U16	Girls
10:55am	1500m Steeplechase	U16	Boys
11:05am	2000m Steeplechase	U18	Girls
11:20am	2000m Steeplechase	U18	Boys
11:30am	80m	U12/U14	Girls
11:35am	80m	U12/U14	Boys
11:40am	100m	U16	Girls
11:45am	100m	U16	Boys
11:50am	100m	U18	Girls
11:55am	100m	U18	Boys
12:00pm	1200m	U16	Girls
12:10pm	1200m	U16	Boys
12:20pm	1500m	U18	Girls
12:40pm	1500m	U18	Boys
12:50pm	300m	U16	Girls/Boys
1:00pm	400m	U18	Girls/Boys
Lunch			
1:15pm	80mHurdles	U16	Girls
1:25pm	100m Hurdles	U16	Boys
1:30	100 Hurdles	U18	Girls
1:35pm	110 Hurdles	U18	Boys
1:45pm	800m	U16	Girls
1:50pm	800m	U16	Boys
1:55pm	800m	U18	Girls
2:00pm	800m	U18	Boys
2:10pm	200m	U16	Girls/Boys
2:20pm	200m	U18	Girls/Boys
2:30pm	2000m	U16	Girls/Boys
2:45pm	3000m	U18	Girls/Boys
3:05pm	1500m / 3000m Racewalk	U16/U18	Girls/Boys

Time	Event	Age	Gender
10:00am	Long Jump	U16	Boys
10:00am	High Jump	U18	Girls
10:00am	Javelin	U16/U18	Boys
10:00am	Triple Jump	U16	Girls
10:00am	Shot put	U16	Girls
11:15am	Long Jump	U18	Girls
11:15am	Triple Jump	U16	Boys
11:15am	Pole Vault	All	Boys
11:15am	Javelin	U16/U18	Girls
11:15am	Shot Put	U16	Boys
11:15am	High Jump	U18	Boys
1:00pm	Long Jump	U16	Girls
1:00pm	Triple Jump	U18	Boys
1:00pm	Shot Put	U18	Boys
1:00pm	Discus	U16/U18	Girls
1:00pm	High Jump	U16	Boys
2:15pm	Pole Vault	All	Girls
2:15pm	High Jump	U16	Girls
2:15pm	Discus	U16/U18	Boys
2:15pm	Shot Put	U18	Girls
2:15pm	Long Jump	U18	Boys