

Royal Canadian Legion District G Track and Field Championships (U16/U18)

U10/U12/U14/U20/Open and Masters Prep Meet

Sunday June 22nd 2025

Final Schedule – Published June 20th

Time	Track		Age Group/ Specifications	
9:00	1200m	Finals	U14/U16	Female
	1200m	Finals	U14/U16	Male
9:15	1500m	Finals	U18	Female
	1500m	Finals	U18	Male
9:40	60mH	Prelims	27"	Female (U12)
	60mH	Prelims	27" (2 Heats)	Male (U12)
	80mH	Prelims	30"	Female (U14)
	80mH	Prelims	30"	Male (U14)
	80mH	Prelims	30"	Female (U16)
	100mH	Prelims	30"	Female (U18)
	100mH	Prelims	33"	Male (U16)
	110mH	Prelims	36" / 39"	Male (U18) (U20)
	1500mSC	Finals	30" No Water jump	Female U16
	2000mSC	Finals	33"	Male U18
10:30	80m	Prelims	U10	Female
	80m	Prelims	U10	Male
	80m	Prelims	U12	Female
	80m	Prelims	U12	Male
	80m	Prelims	U14	Female
	80m	Prelims	U14	Male
	100m	Prelims	U16	Female
	100m	Prelims	U16	Men
	100m	Prelims	U18	Female
	100m	Prelims	U18/U20/Open	Male
11:10	1500mRW/3000mRW	Timed finals	U16/Master	Male/Female
11:35	300m	Timed finals	U10	Female
	300m	Timed finals	U10	Male
	300m	Timed finals	U12	Female
	300m	Timed finals	U12	Male
	300m	Timed finals	U14	Female
	300m	Timed finals	U14	Male
	300m	Timed finals	U16	Female
	300m	Timed finals	U16	Male
11:50	400m	Timed finals	U18	Female
	400m	Timed finals	U18/U20/Open	Male
12:00	60mH	Finals	27"	Female (U12)
	60mH	Finals	27" (2 Heats)	Male (U12)
	80mH	Finals	30"	Female (U14)
	80mH	Finals	30"	Male (U14)
	80mH	Finals	30"	Female (U16)
	100mH	Finals	30"	Female (U18)
	100mH	Finals	33"	Male (U16)
	110mH	Finals	36" / 39"	Male (U18) (U20)
12:30	2000m	Timed finals	U14/U16	Female
	2000m	Timed finals	U14/U16	Male
1:00	80m	Finals	U10	Female
	80m	Finals	U10	Male
	80m	Finals	U12	Female
	80m	Finals	U12	Male
	80m	Finals	U14	Female
	80m	Finals	U14	Male
	100m	Finals	U16	Female
	100m	Finals	U16	Men

	100m	Finals	U18	Female
	100m	Finals	U18	Male
	100m	Finals	U20/Open	Male
Track Break				
2:00	200mH	Timed finals	30"	Female U14/U16
	200mH	Timed finals	30"	Male U14
2:10	400mH	Timed finals	30"	Female (U18)
	400mH	Timed finals	33"	Male (U18)
2:15	3000m	Timed finals	U18	Female
	3000m	Timed finals	U18	Male
2:45	150m	Timed finals	U10	Female
	150m	Timed finals	U10	Male
	150m	Timed finals	U12	Female
	150m	Timed finals	U12	Male
	150m	Timed finals	U14	Female
	150m	Timed finals	U14	Male
	200m	Timed finals	U16	Female
	200m	Timed finals	U16	Male
	200m	Timed finals	U18	Female
	200m	Timed finals	U18/U20/Open	Male
3:15	800m	Timed finals	U12	Female
	800m	Timed finals	U12	Male
	800m	Timed finals	U14	Female
	800m	Timed finals	U14	Male
	800m	Timed finals	U16	Female
	800m	Timed finals	U16/U18	Male

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Time	Field	Age Group	
9:00	Javelin	U14(400g)/U16(600g)/ U18(700g)/Open(800g)	Male
9:00	Triple Jump	U16/U18	Female
9:00	Shot put	U10(2k)/ U12(2.72k)	Male/Female
9:30	Pole Vault	U16/U18	Male/Female
10:30	Discus	U16(1kg)/U18(1kg)/Open(1kg)	Female
10:30	Long Jump	U14/U16/U18/U20	Male
10:30	High Jump	U12/U14 (Male)	U14/U16 Female
11:30	Shot put	U14(3kg)/U16(4kg)/U18(5kg)/ U20(6kg)/Open(7.26kg)	Male
12:00	High Jump	U16/U18/U20	Male
12:00	Long Jump	U14/U16/U18/U20	Female
12:30	Javelin	U14(400g)/U16(500g)/ U18(500g)/Open(600g)	Female
12:45	Long Jump	U10/U12	Male/Female
1:30	Shot put	U14/U16(3kg)/U18(3kg)/ U20(4kg)	Female
2:30	Discus	U14(750g)/U16(1kg)/U18(1.5kg)/ U20(1.75kg)/Open(2kg)	Male
2:00	Triple Jump	U16/U18	Male

THURSDAY JUNE 19th CARACO FIELD INVISTA CENTRE KINGSTON

'4:45	HAMMER THROW	U16/U18/U20/Open/Master	Male/Female
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