



Provincial Track & Field Championships



Technical Package 2025

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1.0 WELCOME TO Toronto York University 2025

On behalf of the Royal Canadian Legion Ontario Command, I would like to welcome you to Toronto, York University, and the 2025 Royal Canadian Legion Ontario Command Track and Field Championships.

The 2025 Royal Canadian Legion Ontario Command Track and Field Championships (Provincial Championships) are hosted by District D, Zone D5, and Branch 13 Scarborough. The Championships will take place at the Toronto Track & Field Centre, York University, 231 Ian MacDonald Boulevard, Toronto, Ontario, Canada M3J 3L9

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<p>Meet Director Nathan Stern n.stern7@gmail.com 647-384-6011</p>	<p>Meet Secretary Alan Baigent alan.baigent1956@gmail.com 416-428-7898</p>
<p>Registration: https://trackie.com/event/rclontchamp2025</p>	<p>Officials Co-Ordinator Nathan Stern n.stern7@gmail.com 647-384-6011</p>

3.0 ACCOMMODATIONS

When booking hotels, please mention the **Royal Canadian Legion Branch 13**

A SPECIAL rate and a block of rooms have been reserved in each of the hotels listed below. Please see the date at which the rooms will no longer be reserved for the Championships. Reserve early to ensure availability. **To be able to get the special rate, you must reserve by phone and not online. Cancellations must all be done via email.**



York University. Tatum hall & Vanier Residence and Pond Road (80 Rooms)

4700 Keele Street Toronto ON, Canada M3J 1P3 **416-736-5513**
Vanier/Tatum hall: Single rooms \$63 Double rooms \$110/night + tax
Pond Road 2 Person suites \$122/night + tax
The hotel will hold the block of rooms until June 10th 2025



Monte Carlo Inn (20 Rooms) (Group code 516990)

705 Applewood Cres. Vaughan, ON L4K5W8
905- 761-7170 ext. 0
\$219.90/night + tax
The hotel will hold the block of rooms until June 19th 2025



Best Western (40 Rooms)

50 Norfinch Drive, Toronto, ON M3N1X1 CA
(416)663-9500
\$209.00/night + tax (+\$10 for Breakfast)
The hotel will hold the block of rooms until May 31st 2025



Spring Hill Suites (Committee, Guests, and officials 20 rooms)

612 APPLEWOOD CRESCENT,
VAUGHAN, ONTARIO, CANADA, L4K 4B4 **905.760.9960**
\$249.00
The hotel will hold the block of rooms until June 11th 2025

4.0 TRANSPORTATION

4.1 Hotel to Track (Saturday Morning)

Districts will be responsible for their own transportation from the hotel to the track on Saturday morning.

4.2 Parking

There is a parking lot located to the East and west of the Sportsplex complex that will be available during the Championships. There is a charge to park at the stadium.

Bus Pick up and drop off will be outside the Complex entrance.

4.3 Stadium Access

There will be a \$5 access charge for the weekend for non-Legion Members, Members must be in Uniform or show their Legion Membership card for access.

A wristband will be provided on payment and must be worn all weekend for access.

5.0 COMPETITION INFORMATION

5.1 Competition Venue

The Championships will take place at the Toronto Track & Field Centre. There will be bleacher seating for approximately 1,000 spectators.

Key Facts:

- Lanes – 8 straight corridors and 8 around
- Surface – Polytan
- LJ/TJ runways – Polytan
- PV runways – Polytan
- SP circles – Concrete
- DT/HT circle and cage – Concrete
- JT runways – Polytan
- Spike lengths – 5mm for all events except for Javelin and HJ, where 9 mm will be permitted.

A map of the venue can be found at Appendix A.

All warm-up activities will occur in the indoor track facility during the competition. On Friday, 12th July, the track, and field event sites will be open for practice from 1:00 pm until Meet starts at 2:45 pm.¹

District Chairs are reminded that tents may only be placed or removed in designated areas and with the approval of the Legion/Track management team.

5.2 Entry Rules

5.2.1 Entry Qualification Process

The following Entry Procedures to the Ontario Provincial Championships will apply to athletes who meet the set criteria.

- A) U16 Boys & Girls - 15 and under as of December 31, 2025 - Born 2010 or later
- B) U18 Boys & Girls - 17 and under as of December 31, 2025 - Born 2008 or 2009

5.2.2 Eligibility of Entry Performances

Athletes must reside in the district in which they are to represent.

All athletes must complete proper consent forms before competing.

As per the District Criteria for selecting their Team, all athletes' performances will be based on their District meet results.

No further changes to performances will be allowed after the entry deadline.

Athletes found representing the wrong District or competing in multiple districts will only be included in the Provincial team selection if section 5.2.3 has been enacted and approved by all parties before registration.

If this occurs, participants will forfeit their future participation, which could make them ineligible for other legion events. The information will be passed on to national coordinators to determine the outcome.

5.2.3 Athletes unable to attend Home District event.

If an athlete cannot attend their home district meeting and has a valid reason, the home district chair should contact another district whose meeting is available, and both should agree to include the athlete at that meet. Chairs should also agree to the outcome if the athlete is considered to move on to be selected for a district team. This decision should be documented and passed on to the Provincial Chair for awareness.

This should be completed before either district event takes place.

5.2.4 Decathlon Eligibility

Because the Ontario Command Championships are conducted over 1½ days, it has been deemed too short to conduct a safe competitive Decathlon.

To be considered for selection to compete in the Decathlon at Nationals, U18 Boys must provide PV and Discus verifiable results of other meets from the current outdoor season through their District Chair and passed onto the Provincial Chair and submitted by the registration deadline. Only 1st & 2nd place will be eligible for progression.

These results points will be added to the results from the Octathlon to determine an overall point tally for the Decathlon, which will then be used according to the selection Criteria below.

5.4 Entry System

Registration will open on Monday, June 17th, 2025 at

<https://trackie.com/event/rclontchamp2025> The FINAL entry deadline is **Tuesday, July 8, 2025 (12pm ET)**. NO entries will be accepted after this date, no exceptions.

5.4.1 Confirmation of Entry

Entries will be posted on the Royal Canadian Legion's web site at:
<https://trackie.com/event/rclontchamp2025>

5.5 Schedule

The competition schedule will be available online at <https://trackie.com/event/rclontchamp2025>

Please note that changes may occur based on the final number of entries. The final schedule will be available ASAP after finalization.

5.6 Equipment

Athletes are required to provide their own personal implements that meet technical standards and must be checked in prior to the event.

The equipment and implement weigh-in station is in the building structure at the south end of the track. Implements must be checked in no later than three (3) hours before the start of the event.

Pole vaulters must use their poles.

5.7 Bib Numbers

Each athlete will receive one bibs with a number. All athletes must wear the number bib on their chest, except in all jumping events where the bib may be worn either on the chest or back.

Bib numbers will be distributed during the registration process with the District Chairs.

6.0 COMPETITION PROCEDURES

6.1 Warm-up

All warm-up activities will occur in the indoor track facility during the competition.

6.2 Event Check in

Check in will take place in the Indoor arena. All athletes must check in and are asked to report at the following times before the scheduled start or when called:

EVENT	Check-in Time (MINUTES)
Track Events	30
High Jump	60
Pole Vault	60
Other Field Events	50

6.3 Protests and Appeals

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official posting of the results of the event in accordance with the procedures listed below.

Officials Results Posting Board between the bleachers at the track.

Procedures:

- A. A protest shall be identified to the Competition (Meet) Director, or designate, at the Technical Information Centre or wherever this person can be found within 30 minutes of the time of the posted results. (NOTE: there will always be someone at the Technical Information Centre who is able to locate the Competition Director or designate.)
- B. The Competition Director, or designate, will explain the process to the athlete/coach/interested person and provide a Provincial Championships Protest Form.
- C. The Competition Director, or designate, will take the athlete/coach/interested person to meet with the appropriate Referee (the one who made the decision).
- D. If the Referee agrees with the protest, the results sheet will be adjusted, and results reposted. (NOTE: this provides a 30-minute opportunity for other athletes or interested persons to appeal this decision from the time of posting of the revised result.)

- E. If the Referee denies the protest, the athlete/coach/interested person can appeal the decision to the Jury by completing the Provincial Championships Protest Form (Appendix C) which will be taken to the Jury.
- F. Upon completion of the Provincial Championships Protest Form (NOTE: the Competition Director, or designate, accompanies the protest group and advises them of this option and accepts the completed form and protest fee - \$20), the Competition Director, or designate, will make a copy of the completed Provincial Championships Protest Form and will take one copy to the Jury who will then adjudicate upon the issue by reviewing any and all available relevant information.
- G. The Jury will then prepare their response, including all relevant information, on the Provincial Championships Protest Form and will return the form to the Competition Director, or designate, who will advise both the protest group and Meet Secretary or Results Manager of the results of the protest.
- H. The Jury of Appeal will remain at the competition site for at least 30 minutes after completion of the final event or until the Competition Director or designate advises them that no further protests have been received and they may leave.

6.4 Spike Length

5mm pyramid spikes are the maximum length allowed except for High Jump and Javelin which allows for 9mm pyramid spikes. Xmas Tree and Needle spikes are not allowed.

6.5 Track Access

Access to the track will be restricted to Athletes, Officials, volunteers and Legion Members and Chaperones

6.6 Warm up Area

There will be **no access** to the infield track for warm-up; all warm-up activities will occur in the indoor track facility during the competition.

7.0 MEDICAL SERVICES

A First Aid team will provide the necessary healthcare for the participants of these Provincial Championships.

For non-urgent cases athletes will be directed to the nearest clinic/Hospital. Transportation is the responsibility of the District/athlete. Please note there may be a private fee charged by any of the walk-in clinics. For urgent cases, athletes will be taken by ambulance to the nearest hospital.

NOTE: Athletes must be accompanied by a coach or chaperone for any medical treatments, along with their OHIP Cards.

8.0 TEAM ONTARIO SELECTION CRITERIA

Team Ontario will consist of a maximum of 40 athletes with a restriction of no more than 25 in a single age category. The following are the criteria for selecting the team.

All 1st & 2nd places of events will become members of the selection pool. This pool normally has 46 athletes including reserves.

The following is the order of selection to the *Legion National U18 Track & Field Championships*:

1. All 1st—and 2nd-place athletes in the selection pool will have their Provincial Track Meet performances compared to the Legion *National* Results for the past 5 years. Based on this comparison, athletes will be ranked. The top 46 athletes with the lowest scores may be selected and notified.

2. Athletes wishing to compete in the Decathlon must indicate to the Provincial Track and field chair, through their district Chair, their intention to compete at Nationals before the Provincial Championship commences, prior to the registration deadline. They must also provide verifiable PV and Discus Results from the outdoor season to be considered.

The Provincial Track & Field committee will confirm final team selection.

Selection examples

Example: Jane Smith wins the 200m 15 and under in 25.78 sec.

Over the last 5 years this would have placed 2nd, 4th, 4th, 2nd, 1st = 2+4+4+2+1= 13 pts.

Paul brown wins the 1500m 17 and under in 4:02.15 min.

Over the last 5 years this would have placed 5th, 4th, 6th, 3rd, 3rd = 5+4+6+3+3= 21 pts.

Therefore, Jane with the lower point total will be selected before Paul

The Provincial Track and Field Committee may look at the second-place finishers. These 2nd place finishers will be ranked with the 1st place finishers using the same criteria.

Note: Updated 5-year comparison lists (Provincial and National) will be prepared and be available to District Chairs by the January Teleconference call.

Team Staff will review the results of the meet and the athlete's other performances when entering them into events at the *National* meet. Athletes may be entered into events other than those which they won at the Provincial meet.

APPENDIX A: VENUE MAPS

Please note that the venue map displays the track locations, and available buildings the track layout has been modified.

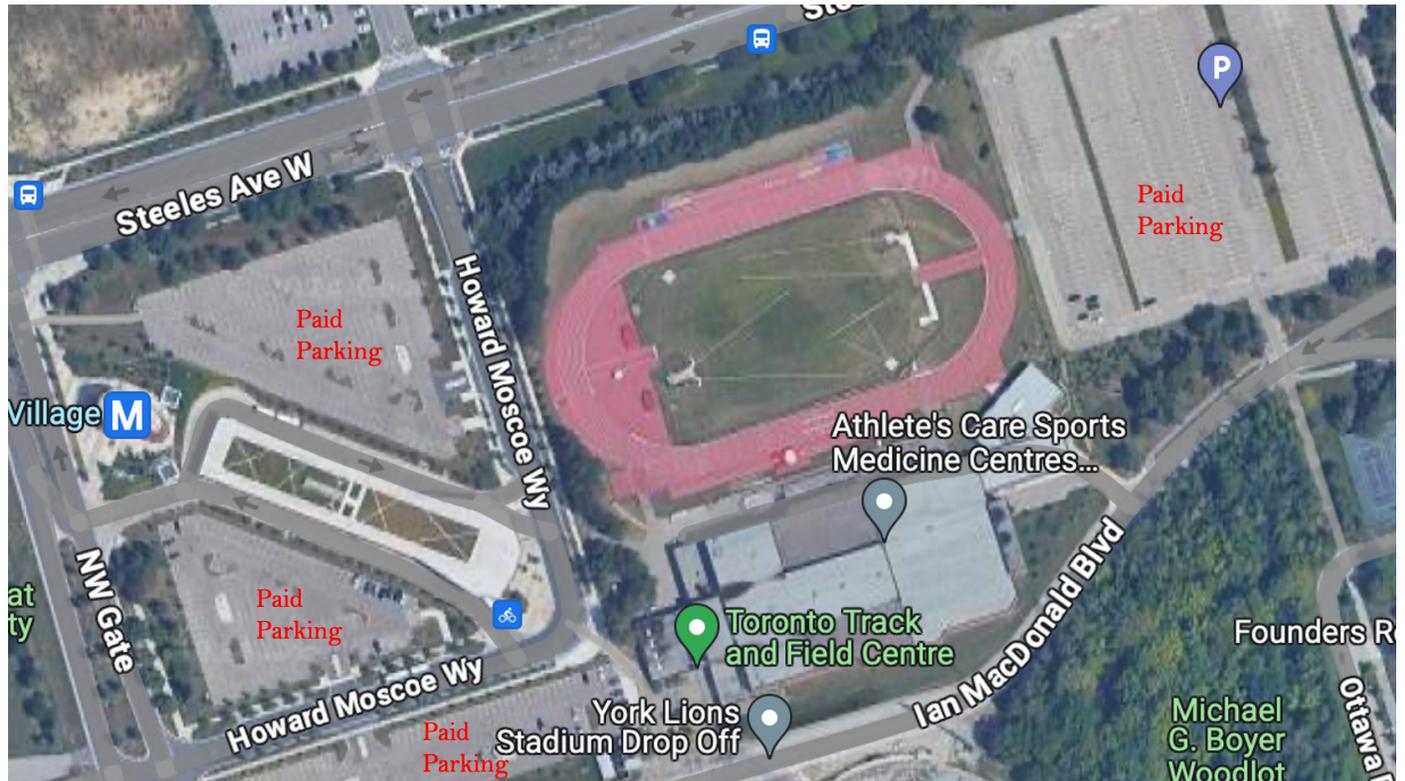


Legend

First Aid		
Legion Resale		
Legion Membership		At the entrance to the track
Officials		Beside Tech manager
Washrooms		
Tech Manager		
Legion VIP/Medals		
District Tents		
Timer Announcer		

Parking

Bus must drop off and pickup outside the Entrance to the track Facility.



APPENDIX B: EVENTS

Track Events

EVENTS	U16 BOYS	U16 GIRLS	U18 BOYS	U18 GIRLS
100m	YES	YES	YES	YES
200m	YES	YES	YES	YES
300m	YES	YES	NO	NO
400m	NO	NO	YES	YES
800m	YES	YES	YES	YES
1200m	YES	YES	NO	NO
1500m	NO	NO	YES	YES
2000m	YES	YES	NO	NO
3000m	NO	NO	YES	YES
80m Hurdles	NO	YES	NO	NO
100m Hurdles	YES	NO	NO	YES
110m Hurdles	NO	NO	YES	NO
200m Hurdles	YES	YES	NO	NO
400m Hurdles	NO	NO	YES	YES
1500m S/C *	YES	YES	NO	NO
2000m S/C	NO	NO	YES	YES
Walks	1500m	1500m	3000m	3000m

*No water jump

Hurdle Specifications

80mH - U16 Female 12m to H1; 8m between / Height = 30" / 76cm

100mH – U18 Female 13m to H1; 8m50 between / Height = 30" / 76cm

100mH – U16 Male 13m to H1, 8m50 between / Height = 33" / 84cm

110mH – U18 Male 13m72 to H1; 9m14 between / Height = 36" / 91cm

200mH – U16 Female Start @ 200m lines & use 400mH markings/Height = 30"/ 76cm, 15m to H1

200mH – U16 Male Start @ 200m lines & use 400mH markings / Height = 30" / 76cm, 15m to H1

400mH – U18 Female Start @ 400m lines; 50m to H1 then use 400mH markings / Ht = 30" / 76cm

400mH – U18 Male Start @ 400m lines; 50m to H1 then use 400mH markings / Ht = 33" / 84cm

Field Events

EVENTS	U16 BOYS	U16 GIRLS	U18 BOYS	U18 GIRLS
High Jump	YES	YES	YES	YES
Pole Vault	YES	YES	YES	YES
Long Jump	YES	YES	YES	YES
Triple Jump	YES	YES	YES	YES
Shot Put	4 Kg	3 Kg	5 Kg	3 Kg
Discus	1 Kg	1 Kg	1.5 Kg	1 Kg
Javelin	600 gm	500 gm	700 gm	500 gm
Hammer	4 Kg	3 Kg	5 Kg	3 Kg

Multiple Events

U16 F Pentathlon	80mH, 800m, Long Jump, High Jump, Shot Put
U16 M Pentathlon	100mH, 1000m, Long Jump, High Jump, Shot Put
U18 F Heptathlon	100mH, 200m, 800m, Long Jump, High Jump, Shot Put, Javelin
U18 M Octathlon	110mH, 100m, 400m, 1500m, Long Jump, High Jump, Shot Put, Javelin

Decathlon

To be considered for selection to compete in the Decathlon at Nationals, U18 Boys must provide PV and Discus verifiable results of other meets from the current outdoor season through their District Chair and passed onto the Provincial Chair and submitted by the registration deadline. Only 1st & 2nd place will be eligible for progression.

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APPENDIX C: APPEAL FORM

In accordance with IAAF Rule 146,

Appeal lodged on behalf of/appel déposé au nom de:

Name/nom: _____ District: _____

Competition no./nom: _____ Event/Épreuve: _____

Appeal lodged by (name)/Appel déposé par (nom): _____

IAAF Rule(s) alleged to have been contravened /Règlement(s) de l'IAAF qui aurai(en)t été
enfreint(s): _____

Grounds for lodging appeal / Raisons de cet appel:

Signature: _____

Date: _____

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Time at which result was announced _____

Time at which oral protest was made _____

Time at which referee dismissed protest _____

Time of receipt of written appeal _____

Jury's decision: Appeal Upheld _____ Appeal Denied _____

Jury Chair _____ Jury _____

Secretary _____ Date _____ Time _____

Meeting Manager / Appellant notified: Date _____ Time _____

Jury Construct

The jury will consist of 3 of the 4 following roles:

- Meet Director (Chair)
- Technical Manager
- Field Referee
- Track Referee