

LEGION ELEMENTARY & TDSS HIGH SCHOOL INVITATIONAL TRACK & FIELD

Legion Elementary Meet Wednesday, May 20th TDSS

****5 Entries Per School in each Event + 3 Events Max Per Student****

ECCS ELK LAKE ESCSM Grade 7 + 8 KERNS KIWETIN NAVIGATEURS	NLPS ST. MICHEL ST. CROIX ST. PATS TDSSE Grade 7 + 8 TEMAGAMI
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ELEMENTARY AGE CLASS + EVENTS 2026

Under 11- Grade 3 and 4 students (Born in 2016, 2017)

Events (Boys and Girls)	60m	Long Jump (Floating Board)
	200m	Vertical Jump
		Chest Push (1kg)
		Turbo Javelin 300mg

Under 13- Grade 5 and 6 students (Born in 2014 and 2015)

Events (Boys and Girls)	80m	Long Jump (Floating Board)
	200m	Vertical Jump
	600m	Chest Push (1Kg)
		Turbo Javelin 300mg

Under 15- Grade 7 and 8 students (Born in 2012 and 2013)

Events (Boys and Girls)	100m	Long Jump
	60m hurdles 60cm	High Jump
	300m	Shot Put (Girls 3 KG –Boys 4KG)
	800m	Turbo Javelin 300mg
	1200m	
	4x100m	

60m Hurdle Specs:

Height 60 cm (second hole on Jr Elementary hurdles at TDSS)

Distance to first hurdle is 11.5 m.

Distance between is 7.5m.

Distance from last hurdle to finish is 11 m.

Flight of 6 hurdles.

DATE: Wednesday, May 20th, 2026

TIME: 9:15 am High Schools

**9:30 am Elementary Schools from the following areas
(Temagami, Cobalt, Haileybury, Kerns, Elk Lake, Kiwetin, New Liskeard)**

PLACE: TDSS

SCHEDULE OF TRACK EVENTS

All events will go in the following age class order: High School –Novice, Junior, Senior- Girls then boys and then Elementary Girls then Boys – U15, U13, U11, unless otherwise stated.

9:15 a.m. 1500 + 2000 m Steeplechase-High School
300m Hurdles & 400m Hurdles-High School
600m Timed Section Finals- U13
800m Timed Section Finals-High School, U15
100m, 80m, 60m Heats- High School, U15, U13, U11
200m Timed Section Finals-High School, U13, U11
1200m Timed Section Finals – U15
1500m Timed Section Finals-High School
100m, 80m, 60m Finals- High School if needed, U15, U13, U11

30 Minute Break

60m Hurdles Timed Section Final– U15
80m & 100m Hurdles Timed Section Finals-High School Girls
100m & 110m Hurdles Timed Section Finals-High School Boys
300m Timed Section Finals-U15
400m Timed Section Finals-High School
4X 100m Relays- U15
3000m Timed Section Finals- High School
4X 100m Relays- High School

****High School 100m is a straight final unless we have more than 1 heat per age group****

SCHEDULE OF FIELD EVENTS

ROUND 1- 9:15 a.m.

High School Girls Long Jump- -Pit #1
High School Boys Long Jump- Pit# 2
High School Girls Shot Put
High School Boys Discus

ROUND 2-10:30 a.m.

High School Boys and Girls Pole Vault
U15 Girls Long Jump-Pit#1 + #2 – Two pits
U15 Boys Long Jump-Pit#3 + #4 – Two Pits
U11 Girls Vertical Jump followed by U11 Boys Vertical Jump
U11 Boys Chest Push (1Kg) followed by U11 Girls Chest Push (1Kg)
U15 Girls Shot Put (3kg)
U13 Boys and U13 Girls Turbo Javelin (300g)

ROUND 3-11:45 p.m.

U11 Girls Long Jump - Pit #1 + #2 – Floating Board
U11 Boys Long Jump - Pit #3 + #4 – Floating Board
U13 Girls Vertical Jump followed by U13 Boys Vertical Jump
U13 Boys Chest Push (1Kg) followed by U13 Girls Chest Push (1Kg)
High School Boys Shot Put
High School Girls Discus`
U15 and High School Boys High Jump
U15 Boys and U15 Girls Turbo Javelin (300g)

ROUND 4- 1:00 p.m.

U13 Girls Long Jump - Pit #1 + #2 – Floating Board
U13 Boys Long Jump - Pit #3 + #4 – Floating Board
U15 and High School Girls High Jump
U15 Boys Shot Put (4Kg)
All High School Javelin Throwers girls and boys combined
U11 Boys and U11 Girls Turbo Javelin (300g)

Round 5- 2:00 pm

All High School Triple Jump two pits if required.