



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

**Ontario Summer Games Selection Meet (U14/U16)  
Prep Meet (U10, U12, U20, Open, Masters)  
Saturday June 13<sup>th</sup>**

**Hosted by Brockville Legion Track and Field Club**



- Location:** Thousand Islands Secondary School  
2510 Parkedale Ave, Brockville, ON K6V 3H1
- Sanctioned by:** Athletics Ontario
- Hosted by:** Brockville Legion Track and Field Club
- Age Groups:** U10(2017/2018 and younger), U12(2015/2016), U14 (2014/2013), U16 (2012/2011), U18(2010/2009) , U20 (2008/2007), Open (2006 and older) , Masters (35+ on date of meet)
- Meet Director:** Laura Sivers Email: [brockvillelegiontrack@gmail.com](mailto:brockvillelegiontrack@gmail.com)
- Legion District G Contact:** Laura Sivers Email: [brockvillelegiontrack@gmail.com](mailto:brockvillelegiontrack@gmail.com)
- Entry Deadline:** **Wednesday June 10<sup>th</sup> @11:59 pm**  
Entries received after this date will not be accepted.
- Entry Fee:** **\$5 for Legion District Championships Events**  
**\$10 for All other events**
- Entries online:** <https://www.trackie.com/event/DistrictGandOSG2026>
- Waiver:** A signed waiver and photography release form must be submitted on site at the registration table before athletes will be allowed to compete. Bulk Waivers are not accepted
- Entry Confirmations:** Performances lists will be visible online on Trackie as entries are received.
- Schedule:** Tentative schedule is posted. The Schedule is subject to change based on entries received. Final schedule will be posted ONLINE by noon on June 12th  
Hammer throw will be hosted by Kingston Track and Field on June 11<sup>th</sup> 4:45-6pm
- Check-in Procedures:** All Athletes are to check in at the Start Line 15 min before the scheduled start line for the track event and directly to the field event site 15minute before the scheduled start time for the event. In case of event conflict, athletes must inform the officials in the field event before reporting to the track.

- Awards:** Medals will be awarded to top finishers in each championship event.
- Technical Rules:** This meet is run under IAAF regulations
- Implements:** Personal implements will be allowed and once checked-in, will be entered into the competition equipment pool.
- Protests:** All protests must be made as outlined in Section 8 of the World Athletics Competition and Technical Rules book . In all cases, protests must be filed within 30 minutes of the official announcement or release of the results. If no protest is received within the above mentioned time limit, the result as released will stand. If a protest changes a result, 30 minutes will be allowed following the announcement or release of the decision for appeal to be brought forward. The decision of the referee may be appealed to the Jury of Appeal whose decision is final. The protest fee is \$50.00 will be returned if the protest is upheld.

### **RCL District G Track and Field KEY INFORMATION:**

\*\*\*Athletes found representing the wrong District, or competing in multiple districts, will only be included in the selection for the Provincial team if section 5.2.3 of the Legion regulations has been enacted and approved by all parties prior to registration. Should this occur without approval, participants will forfeit their further participation which could lead to being ineligible for other Legion events. Information will be passed on to national coordinators to determine the outcome.\*\*\*

Please see map for District G Region : [https://www.google.com/maps/d/u/0/viewer?mid=1UilnvDVw03uhdKor7K-ornehQ\\_m\\_qZo&femb=1&ll=45.15442756511164%2C-76.09084814999999&z=8](https://www.google.com/maps/d/u/0/viewer?mid=1UilnvDVw03uhdKor7K-ornehQ_m_qZo&femb=1&ll=45.15442756511164%2C-76.09084814999999&z=8)

For those athletes interested in being considered for the multi-events, they must compete in a minimum of two events (eg, hurdles, high jump, shot put.....). Please provide results links to other competitions in which you have completed the remaining required events for consideration to the District G Team so a calculated score can be determined. These should be emailed to the District chair (brockvillelegiontrack@gmail.com) prior to leaving the meet indicating your interest in being selected as a multi-event athlete.

**If athletes know that they will not be available for the Provincial Meet, we ask that you let the District Chairman know prior to leaving the meet to allow other athletes to be considered.**

**Provincial Meet Information:** : RCL Ontario Outdoor Track and Field Championships

Date: July 10<sup>th</sup> and 11<sup>th</sup> 2026

Location: Laurentian University, Sudbury Ontario

Information on the provincial meet will be shared directly to selected athletes.

**Selection to the District G team for Provincial Championships:**

The District G team will be selected using the following criteria:

All U16 and U18 top two finishers will be considered for the District G Team.

The results from the meet will be compared to the results of the last five years of the Legion Provincial Championships to select those representing the District, with the most competitive team being selected based on placement in previous years. For team selection, a scoring system is used, with athletes being assigned points based on times/distance achieved at this meet. If the athletes would have placed 1<sup>st</sup> in a past year, they would receive 1 point, 2<sup>nd</sup> would received two points, etc. This is done for each of the past 5 years. The lowest scores are selected to the team. There is a maximum team size of 44 athletes.

There is no cost for transportation or accommodation if selected to the District Team, with some meals covered as well. Athletes are responsible for additional meals, snacks and any incidentals.

Those selected will be notified by email or phone, if the emails are not responded to. Ensure that emails are correct in Trackie during registration and/or legible on waivers to enable communication.

If you have placed in the top two in an event and do not intend to complete at the Legion Championships, please ensure you notify the District Chair before leaving the meet so that other athletes may be considered for inclusion on the team.

### Ontario Summer Games Meet Information:

Athletes will be selected from this meet in the following events for Ontario Summer Games July 30t to Aug 2<sup>nd</sup>. Athletes must have participate in their designated zone to be eligible for selection:

**Events for 2026 OSG**

	U14		U16	
	Female	Male	Female	Male
Sprints	80m 150m 300m	80m 150m 300m	100m 200m 300m	100m 200m 300m
Hurdles	80m H 200m H	80m H 200m H	80m H 200m H	100m H 200m H
Endurance	800m 1200m	800m 1200m	800m 1200m 2000m 1500m SC	800m 1200m 2000m 1500m SC
Jumps	High Jump Long Jump	High Jump Long Jump	High Jump Long Jump Triple Jump Pole Vault	High Jump Long Jump Triple Jump Pole Vault
Throws	Shot Put Discus Javelin	Shot Put Discus Javelin	Shot Put Discus Javelin	Shot Put Discus Javelin

Further information on Ontario Summer Games Selection and requirements will be posted as it becomes available on <https://www.athleticsontario.ca/youth-development>

### **U10/U12/U20/Open/Masters Prep Meet Information:**

There are no restrictions on area boundaries, all athletes are welcome to compete. Please note that heats and ages may be combined and run according to seed times. All events are not offered for all age groups. If you have questions please reach out to confirm availability of events. Please see registration info on Trackie and schedule for events.

### **Events offered:**

2000mSC/1500mSC (no Water jump)  
80mH/100mH/110mH  
200mH/400mH  
80m  
100m  
150m/200m  
300m/400m  
800m  
1200m/1500m  
2000m/3000m  
1500mRW/3000mRW

### **Field Events:**

Long jump  
Triple Jump  
High Jump  
Pole Vault  
Discus  
Javelin  
Shot put

\*Hammer Throw to be hosted by Kingston Track and Field Club on June 11<sup>th</sup> 2026