

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

Ontario Summer Games Selection Meet (U14/U16)

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

Saturday June 13th 2026

Updated:4/19/2026

*** tentative*** Times to be updated based on entries****

Time	Track		Age Group/ Specifications	
9:00	1200m	Finals	U14/U16	Female/Male
9:30	1500m	Finals	U18/U20/Open/Masters	Female/Male
10:00	80mH	Timed finals	24" and 27"	U10/ U12 Male/Female
	80mH	Timed finals	30"	U14 Male/Female U16 F
	100mH	Timed finals	30", 33"	U18 Female, U16 Male
	110mH	Timed finals	36", 39", 42"	U18/U20/Open Male
10:30	1500mSC	Finals	30" No Water jump	U16 Female/ Male
	2000mSC	Finals	30" U18/Masters	Female
	2000mSC	Finals	33" U18/Masters	Male
11:00	80m	Timed finals	U10/U12/U14	Female/Male
	100m	Timed finals	U16/U18/U20/Open/Master	Female/Male
11:30	1500mRW/3000mRW	Timed finals	U16/U18/U20/Open/Masters	Male/Female
		Track Break		
12:30	300m	Timed finals	U10/U12/U14/U16	Female/Male
	400m	Timed finals	U18/U20/Open	Female/Male
1:15	2000m	Timed finals	U14/U16	Female/Male
2:00	200mH	Timed finals	30"	U14/U16 Female/Male
	400mH	Timed finals	30"	U18/U20/Open Female
	400mH	Timed finals	33"	Male (U18)
	400mH	Timed finals	36"	Male (U20)/Open
2:30	3000m	Timed finals	U18/U20/Open	Female
	3000m	Timed finals	U18/U20/Open	Male
3:15	150m	Timed finals	U10/U12/U14	Female/Male
	200m	Timed finals	U16/U18/U20/Open/Masters	Female/Male
3:45	800m	Timed finals	U12/U14/U16/U18/U20/Open/M	Female/Male

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

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

Saturday June 13th 2026

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

1:00	Discus	U14(750g)/U16(1kg)/U18(1.5kg)/ U20(1.75kg)/Open(2kg)	Male
1:00	Triple Jump	U16/U18/U20	Male
1:00	High Jump	U16/U18/U20	Female
'2:00	Shot put	U10(2k)/ U12(2.72k)	Male/Female

THURSDAY JUNE 11th CARACO FIELD INVISTA CENTRE KINGSTON

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