

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: 6/12/2026

Time	Track		Age Group/ Specifications	
9:00	1200m	Finals	U14	Female
	1200m	Finals	U14	Male
	1200m	Finals	U16	Female
	1200m	Finals	U16	Male
9:30	1500m	Finals	U18/U20/Open	Female
	1500m	Finals	U18	Male
10:00	80mH	Timed finals	U10 – 18"	U10 Female
	80mH	Timed finals	U10 – 18"	U10 Male
	80mH	Timed finals	U12 – 24"	U12 Female
	80mH	Timed finals	U12 – 24"	U12 Male
	80mH	Timed finals	U14 – 30"	U14- Female
	80mH	Timed finals	U14 – 30"	U14 – Male
	80mH	Timed finals	U16 – 30"	U16 Female
	100mH	Timed finals	U18 – 30"	U18 Female
	100mH	Timed finals	U16- 33"	U16 Male
	110mH	Timed finals	U18- 36"	U18 Male
	110mH	Timed finals	U20 – 39"	U20 Male
	10:40	1500mSC	Finals	30" No Water jump
1500mSC		Finals	30" No Water jump	U16 Male
2000mSC		Finals	30"- U18	U18 Female
2000mSC		Finals	33" - U18	U18 Male
11:20	80m	Heats	U10	Female
	80m	Heats	U10	Male
	80m	Heats	U12	Female
	80m	Heats	U12	Male
	80m	Heats	U14	Female
	80m	Heats	U14	Male
	100m	Heats	U16	Female
	100m	Heats	U16	Male
	100m	Heats	U18	Female
	100m	Heats	U18	Male
	100m	Heats	U20/Senior	Male
	12:00	1500mRW/3000mRW	Timed finals	U16/Masters
12:20	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	Male
	100m	Finals	U18	Female
	100m	Finals	U18	Male
	100m	Finals	U20/Senior	Male
			Track Break	
1:00	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
	400m	Timed finals	U18	Female
	400m	Timed finals	U18	Male
	400m	Timed finals	U20	Male
1:30	2000m	Timed finals	U14	Female
	2000m	Timed finals	U14	Male
	2000m	Timed finals	U16	Female
	2000m	Timed finals	U16	Male
2:10	200mH	Timed finals	U14-30"	Female
	200mH	Timed finals	U14-30"	Male
	200mH	Timed finals	U16-30"	Female
	200mH	Timed finals	U16-33"	Male
	400mH	Timed finals	U18-30"	Female
	400mH	Timed finals	U18-33"	Male
2:30	3000m	Timed finals	U18/U20	Female
	3000m	Timed finals	U18/U20	Male
3:00	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	Male
	200m	Timed finals	U20	Female
3:30	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	Male
	800m	Timed finals	U18	Female
	800m	Timed finals	U18/U20	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)	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	Male
9:45	Javelin	U16(600g)/U18(700g)/ Open(800g)	Male

10:00	High Jump	U12/U14	Male/Female
11:00	Discus	U14(750g)/U16(1kg)/U18(1kg)/ U20(1kg)/Open(1kg)/Masters (1kg)	Female
11:00	Shot put	U14(3kg)/U16(4kg)/U18(5kg)	Male
11:00	High Jump	U16/U18	Male
11:00	Long Jump	U14	Female

12:00	Long Jump	U16/U18/U20	Female
12:00	Pole Vault	U18	Female
11:30	Long Jump	U10/U12	Female
12:30	Long Jump	U10/U12	Male
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
1:30	Shot put	U10(2k)/ U12(2.72k)	Female
2:30	Shot put	U10(2k)/ U12(2.72k)	Male

THURSDAY JUNE 11th CARACO FIELD INVISTA CENTRE KINGSTON

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