



Provincial Track & Field Championships



Technical Package 2026



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1.0 WELCOME TO Sudbury Laurentian University 2026

On behalf of the Royal Canadian Legion Ontario Command, I would like to welcome you to Sudbury, Laurentian University, and the 2026 Royal Canadian Legion Ontario Command Track and Field Championships.

The 2026 Royal Canadian Legion Ontario Command Track and Field Championships (Provincial Championships) are hosted by District H, Zone H3, and Branch 564 Lockerby The Championships will take place at the Laurentian University Track, 935 Ramsey Lake Rd, Sudbury, ON P3E 2C6

<p>Track & Field Chair – Entries John Crook The Royal Canadian Legion Ontario Command rclonttf@gmail.com 416-629-9579</p>	<p>Track & Field Coordinator Lisa Marie Schmitz The Royal Canadian Legion Ontario Command lschmitz@on.legion.ca 905-841-7999</p>
<p>Local District Chair Chris Peters peters.District.h@gmail.com 705 988 0871</p>	<p>Technical Advisor(s) Adam Floris adamfloris74@gmail.com 519 317 3942 Don Ostertag don.ostertag@gmail.com 613.914.1100</p>
<p>Meet Director Terry Moss Terrymoss123@gmail.com 705 618 9174</p>	<p>Meet Secretary Alan Baigent alan.baigent1956@gmail.com 416-428-7898</p>
<p>Registration: https://trackie.com/event/rclontchamp2026</p>	<p>Officials Co-Ordinator Gumar Balassubramaniam gumarathas@gmail.com 647-282-4244</p>

3.0 ACCOMMODATIONS

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

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.**

	<p>Laurentian University. College Residence (100 Rooms). Julie Ceming 705-675-1151 x 3002 935 Ramsey Lake Rd, Sudbury Double rooms \$100/night + tax (No Catering on site) The hotel will hold the block of rooms until June 10th 2026</p>
	<p>Holiday Inn (26 Rooms) 1696 Regent St, Greater Sudbury, ON P3E 3Z8 (705) 522-3000 \$184.00/night + tax The hotel will hold the block of rooms until June 10th 2026</p>
	<p>Best Western (24 Rooms) 151 Larch St, Greater Sudbury, ON P3E 1C3 (705) 673-77801 \$159.00 night + tax The hotel will hold the block of rooms until June 10th 2026</p>
	<p>Travel Ways Inn (Committee, Guests, and officials 30 rooms) 1200 Paris St, Sudbury, ON P3E 5V4 (705) 522-1122 \$154.99 The hotel will hold the block of rooms until June 10th 2026</p>
	<p>Super 8 (48 Rooms) 1956 Regent St, Greater Sudbury, ON P3E 5V5 705) 522-7600 \$159.00/night + tax The hotel will hold the block of rooms until June 10th 2026</p>



4.0 TRANSPORTATION

4.1 Track to and from the banquet hall on Friday night

Districts will be responsible for their own transportation from the track to the banquet hall, United Steel Worker Hall, 66 Brady Street, Greater Sudbury, ON and back to your accommodations. Banquet starts at 6:30 pm

4.2 Accommodation to Track (Saturday Morning)

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

4.3 Parking

Parking spaces will be available during the Championships. There is no charge to park at this lot. Bus pickup and drop-off will be outside the track entrance.

4.4 Stadium Access

There will be a \$5 access charge for non-Legion Members over the weekend. 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 Laurentian Université Track, 935 Ramsey Lake Rd, Sudbury, ON P3E 2C6. There will be bleacher seating for approximately 1,000 spectators.

Key Facts:

- Lanes – 8 straight corridors and 8 around
- Surface – Polyurethane and synthetic rubber
- LJ/TJ runways – Polyurethane and synthetic rubber
- PV runways – Polyurethane and synthetic rubber
- SP circles – Concrete
- DT/HT circle and cage – Concrete
- JT runways – Polyurethane and synthetic rubber
- Spike lengths – 5mm for all events except for Javelin and HJ, where 7 mm will be permitted.

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

All warm-up activities will occur Secondary track beside the main track facility during the competition. On Friday, 10th July, the track and field event sites will be open for practice from 1:00 pm until the meet starts at 2:30 pm. note warm up track is not best of shape There is also soccer field south end of track

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, 2026 - Born 2011 or later
- B) U18 Boys & Girls - 17 and under as of December 31, 2026 - Born 2009 or 2010



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 Wednesday, June 17th, 2026 at

<https://trackie.com/event/rclontchamp2026> The FINAL entry deadline is **Tuesday, July 7, 2026 (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 website at:
<https://trackie.com/event/rclontchamp2026>

5.5 Schedule

The competition schedule will be available online at <https://trackie.com/event/rclontchamp2026>

Please note that changes may occur based on the final number of entries. The final schedule will be available as soon as it is finalized.

5.6 Equipment

Athletes must provide their own implements that meet technical standards and check them in prior to the event.

The equipment and implement weigh-in station is in the building structure at under grandstand 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 numbered bib. 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 registration by the District Chairs.

6.0 COMPETITION PROCEDURES

6.1 Warm-up

All warm-up activities will occur in the outdoor Track adjacent to the main 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 allow for 7 mm 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 a warm-up area on the secondary track next to the main Track. However, this track is not in the best of conditions



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 that private fees may be charged by some 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.

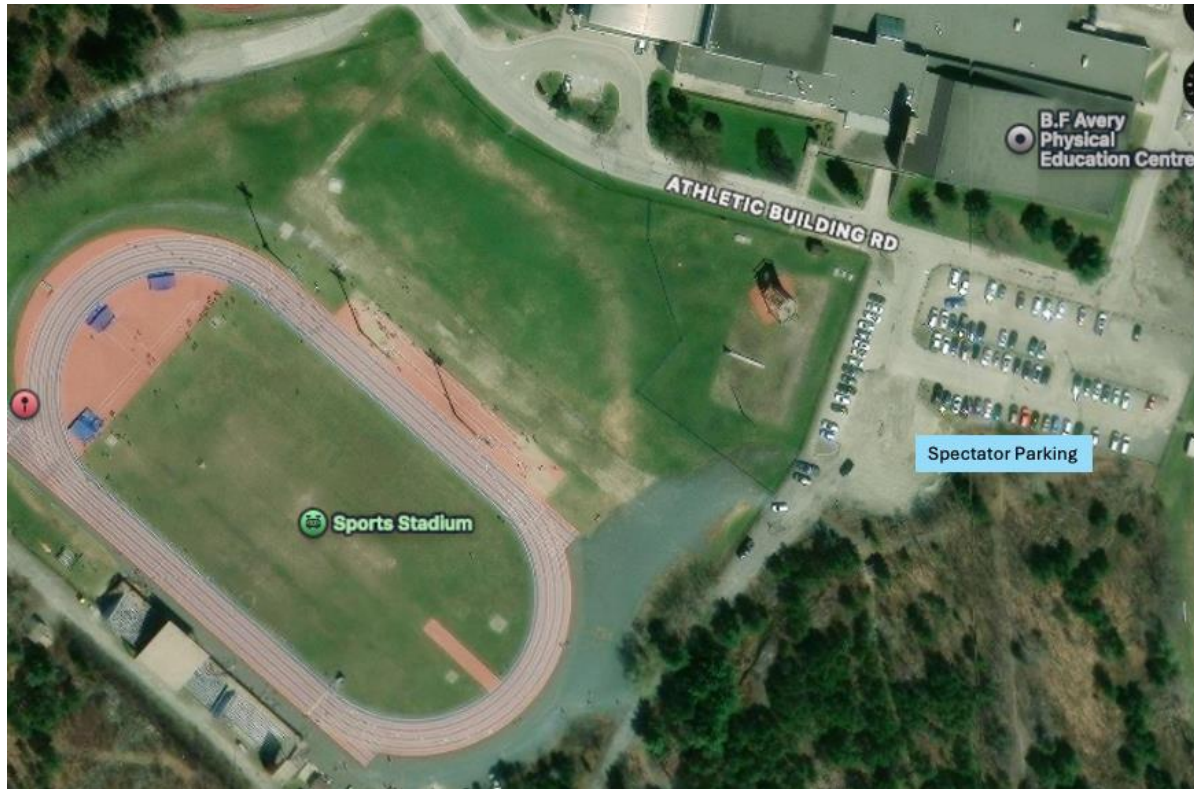


Legend

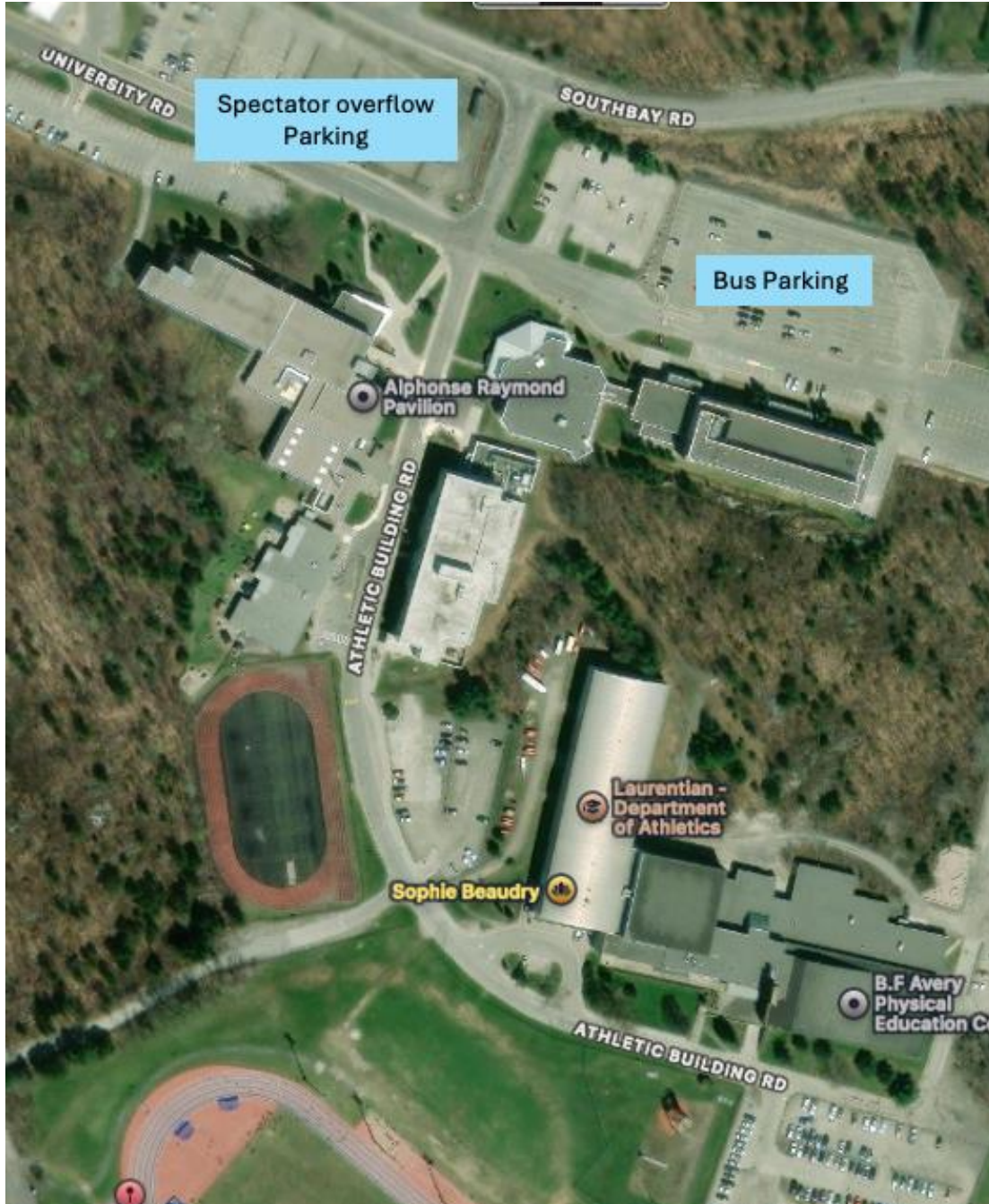
First Aid	1	Tech Manager	6
Legion Resale	2	Legion VIP/Medals	7
VIP Parking	3	District Tents	8
Officials	4	Warm up Track	9
Call Room	5	Legion BBQ	10

Parking

The bus must drop off and pick up outside the Entrance to the track Facility.



Overflow and Bus Parking



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: _____

OFFICIAL USE ONLY / USAGE OFFICIEL SEULEMENT

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