



**THE ROYAL CANADIAN LEGION, ONTARIO COMMAND  
SUMMER TRACK & FIELD CHAMPIONSHIPS 2018**

**On July 13 & 14, 2018**, approximately 400 young amateur athletes will gather from across Ontario at the Niagara Olympic Track and Field Complex, 78 Louth St., St. Catharines, Ontario

Age Limits

MIDGET – Boys & Girls, 15 and under as of December 31, 2018 – Born 2003 or later

YOUTH – Boys & Girls, 17 and under as of December 31, 2018 – Born 2001 or 2002

Events for both male and female athletes

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| 80m Hurdles                             | Long Jump  |
| 100m Hurdles                            | High Jump  |
| 110m Hurdles                            | Triple Jump  |
| 200m Hurdles                            | Pole Vault   |
| 400m Hurdles                            | Javelin (500gm – Midget & Youth Girls)                 |
| 100 Meters                              | (600gm – Midget Boys)                                  |
| 200 Meters                              | (700gm – Youth Boys)                                   |
| 300 Meters                              | Shot Put (3 Kilo – Midget & Youth Girls)               |
| 400 Meters                              | (4 Kilo – Midget Boys) (5 Kilo – Youth Boys)           |
| 800 Meters                              | Discus (1 Kilo – Midget & Youth Girls – Midget Boys)   |
| 1200 Meters                             | (1.5 Kilo – Youth Boys))                               |
| 1500 Meters                             | Hammer (3 Kilo – Midget & Youth Girls)                 |
| 2000 Meters                             | (4 Kilo – Midget Boys) (5 Kilo – Youth Boys)           |
| 3000 Meters                             | 1500 Meter Steeplechase (no water) (Midget Girls/Boys) |
| 1500 Meter Racewalk (Midget Girls/Boys) | 2000 Meter Steeplechase (Youth Girls/Boys)             |
| 3000 Meter Racewalk (Youth Girls /Boys) |  |

While the meet will begin at 3:00p.m. on Friday, July 13<sup>th</sup>, the official opening ceremony has been set for 8:45 a.m. on Saturday, July 14<sup>th</sup>. Provincial President Sharon McKeown or in her absence, her representative along with Provincial Track & Field Chairman John Crook, other V.I.P.’s and Legion dignitaries will be present for the official opening ceremony at the Niagara Olympic Track and Field Complex, 78 Louth St., St. Catharines, Ontario. No substitution or post entries will be permitted.

Some of the athletes who qualify at this meet will proceed to the Legion National Track & Field Championships to be held in Brandon, Manitoba, during August 8-14, 2018.

Each year close to a half million dollars is spent on the National event. Many of the more than 1,400 Legion Branches across Canada make donations to individual athletic clubs. The public and media are most welcome to attend this event.

The Royal Canadian Legion is pleased to have the continued support from our Ladies Auxiliary and our Track & Field corporate sponsor Programmed Insurance Brokers Inc.

“Building a Nation Through Service”