

THE ROYAL CANADIAN LEGION ONTARIO COMMAND
SUMMER TRACK AND FIELD CHAMPIONSHIPS 2010

On July 9 & 10, 2010, approximately 400 young amateur athletes will gather from across Ontario at the Timmins Regional Athletic & Sports Complex, Timmins, Ontario.

Age Limits

Male and female athletes, 17 years of age and under at December 31 in the year of competition.
Male and female athletes, 15 years of age and under at December 31 in the year of competition.

Events for both male and female athletes

80m Hurdles	Long Jump
100m Hurdles	High Jump
110m Hurdles	Triple Jump
200m Hurdles	Javelin (600g – Girls 15/17 and under – Boys 15 and under) (700g - Boys 17 and under)
300m Hurdles	Discus (1 kilo - Girls 15/17 and under – Boys 15 and under) (1.5 kilo – Boys 17 and under)
100 Meters	Hammer (4 kilo - Girls 17 and under) (5 kilo - Boys 17 and under)
200 Meters	Shot Put (3 kilo)(Girls 15 and under)
300 Meters	Shot Put (4 kilo)(Boys 15 and under)
400 Meters	
800 Meters	Shot Put (4 kilo)(Girls 17 and under)
1200 Meters	
1500 Meters	Shot Put (5 kilo)(Boys 17 and under)
2000 Meters	Pole Vault (Boys and Girls 17 and under)
1500 Meter Racewalk	Male and female athletes 17 years of age and under
3000 Meter Racewalk	
1500 Meter Steeplechase	Male and female athletes 17 years of age and under
2000 Meter Steeplechase	

While the meet will begin at 5:00 p.m. on Friday, July 9th, the official opening ceremony has been set for 8:45 A.M. on Saturday July 10th. Provincial President Ed Pigeau or in his absence his representative along with Provincial Chairman Robert Tucker, other V.I.P.'s and Legion dignitaries will be present for the official opening ceremonies at the Timmins Regional Athletic & Soccer Complex, Timmins, Ontario. No substitution or post entries will be permitted.

Some of the athletes who qualify at this meet will proceed to the Legion National Athletics Championships to be held at the Terry Fox Athletic Complex, Ottawa, ON during August 4-10, 2010 with a camp included.

Each year close to a half million dollars is spent on the national event. Many of the 1,600 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 Track & Field corporate sponsor Programmed Insurance Brokers Inc.

For further information about the Legion's 2010 Summer Track & Field Meet, please contact Mrs. Robyn Zettler at The Ontario Command Office (905) 841-7999.

