

November 20, 2009

**TO: ALL OFFICERS
DISTRICT AND ZONE COMMANDERS
PROVINCIAL TRACK & FIELD COMMITTEE
BRANCH SECRETARIES
ONTARIO COMMAND**

Dear Comrades:

**Re: THE ROYAL CANADIAN LEGION, ONTARIO COMMAND
WINTER INDOOR TRACK & FIELD CHAMPIONSHIPS
YORK UNIVERSITY, METRO TORONTO, TRACK & FIELD CENTRE
JANUARY 30, 2010**

Age Limits

Male and Female Athletes, 17 years of age and under at December 31st in the year of competition.

Male and Female Athletes, 15 years of age and under at December 31st in the year of competition.

The events noted hereunder will apply to Male and Female Athletes:

60 MH	3000 Meters
60 Meters	Long Jump
200 Meters	High Jump
400 Meters	Shot Put (4 Kilo – Boys 15 & Under and Girls) (5 Kilo – Boys 17 & Under)
800 Meters	Pole Vault (Boys & Girls 17 & Under)
1500 Meters	Triple Jump

1000 Meter Walk – Male and Female Athletes, 17 years of age and under only. Bantam Girls and Boys may enter if they so desire.

Districts shall be permitted five (5) entries per District in each of the Track & Field events and Athletes are restricted to a maximum of three (3) events.

Entries must be submitted through your District Track & Field Chairman. Mark seed time on entries.

District Chairmen are to forward entry lists by Saturday January 23, 2010 to:

Mr. Robert Tucker
Home Tel: (613) 345-5808
Cell #: (613) 213-3701
Fax #: (613) 345-5803
Email: brockvillelegion@yahoo.ca

The Meet will commence at **9:30 a.m.** No substitution or post entries will be permitted.

Yours fraternally,

Robert Tucker
Provincial Track & Field Chairman

SCHEDULE OF EVENTS – RCL Provincial Indoor Championships

SPRINT STRIP - TRACK

9:30 a.m. 60m. Hurdles - Heats
10:00 60m. Sprints - Heats
11:00 60m. Hurdles - FINALS
11:30 60m. Sprints - Semi-finals

OVAL - TRACK

10:00 a.m. 3000m.- FINALS
11:00 1000m Walk
11:20 800m.- SECTIONS

LUNCH BREAK

12:30 p.m. 60m. Sprints - FINALS

1:00 p.m. 400m. - SECTIONS
2:00 1500m. - SECTIONS
3:15 200m. - SECTIONS

FIELD EVENTS

LONG JUMP

10:00 a.m. Girls 15 & Under
11:00 Girls 17 & Under

1:00 p.m. Boys 15 & Under
2:00 Boys 17 & Under

SHOT PUT

10:00 a.m. Girls 15 & Under
10:30 Girls 17 & Under
11:00 Boys 15 & Under
12:00 pm Boys 17 & Under

TRIPLE JUMP

10:00 a.m. Boys 15 & Under
11:00 Boys 17 & Under

1:00 p.m. Girls 15 & Under
2:00 Girls 17 & Under

POLE VAULT

10:00 a.m. Girls 17 & Under
10:30 Boys 17 & Under

HIGH JUMP

9:30 a.m. Boys 15 & Under
1:00 p.m. Girls 15 & Under

11:00 a.m. Boys 17 & Under
2:00 p.m. Girls 17 & Under

NOTE:

1. **Event times are approximate. Events may run up to 30 minutes early.**
2. Track Events Order:

HURDLES

Girls 15 & Under
Girls 17 & Under
Boys 15 & Under
Boys 17 & Under

OTHERS

Boys 15 & Under
Girls 15 & Under
Boys 17 & Under
Girls 17 & Under