



THE ROYAL CANADIAN LEGION  
**ONTARIO COMMAND**

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November 1, 2011

**TO: ALL OFFICERS  
DISTRICT COMMANDERS  
PROVINCIAL TRACK & FIELD COMMITTEE  
BRANCH SECRETARIES**

Dear Comrades:

**Re: THE ROYAL CANADIAN LEGION, ONTARIO COMMAND  
WINTER INDOOR TRACK & FIELD CHAMPIONSHIPS  
YORK UNIVERSITY, METRO TORONTO, TRACK & FIELD CENTRE  
JANUARY 28, 2012**

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**Age Limits**

**YOUTH** - Male and Female Athletes, 17 years of age and under at December 31<sup>st</sup> in the year of competition.

**MIDGET** - Male and Female Athletes, 15 years of age and under at December 31<sup>st</sup> in the year of competition.

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

|             |   |
|-------------|---|
| 60 MHurdles | 3000 Meters   |
| 60 Meters   | Long Jump   |
| 200 Meters  | High Jump   |
| 300 Meters  | Pole Vault  |
| 400 Meters  | Triple Jump   |
| 800 Meters  | Shot Put (4 Kilo – Midget Boys and Youth Girls)<br>(3 Kilo - Midget Girls, 5 Kilo – Youth Boys) |
| 1200 Meters |   |
| 1500 Meters |   |

1000 Meter Walk – Youth - Male and Female Athletes, 17 years of age and under only.  
Midget 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.

*“They served till death! Why not we?”*

**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 21, 2011 to:**

TBA

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

Yours fraternally,

Tom Carr  
Provincial Track & Field Chairman