

PRESS RELEASE

FOR IMMEDIATE RELEASE

THE ROYAL CANADIAN LEGION, ONTARIO COMMAND
WINTER INDOOR TRACK & FIELD CHAMPIONSHIPS 2010

On January 30, 2010, approximately 300-400 young amateur athletes will gather from across Ontario at the Track & Field Centre, York University, Metro Toronto, Ontario.

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.

Events for both male and female athletes

60 MH	Long Jump
60 Meters	High Jump
200 Meters	Triple Jump
400 Meters	Shot Put (4 Kilo – Girls & Boys 15 & Under)
800 Meters	Shot Put (5 Kilo – Boys 17 & Under)
1500 Meters	Pole Vault (Boys & Girls 17 & Under)
3000 Meters	
1000 Meter Walk – Male and Female Athletes, 17 years of age and under only. Bantam Girls and Boys may enter if they so desire.	

Provincial President Ed Pigeau or in his absence his representative along with Provincial Track & Field Chairman Robert Tucker, other V.I.P.'s and Legion dignitaries will be present for the official opening ceremonies at the complex on Saturday, January 30, 2010 for 9:15a.m. No Substitution or post entries will be permitted.

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

“Building a Nation Through Service”

For further information concerning the 2010 Legion Winter Track & Field Meet, please contact the Chairman Robert Tucker (613)345-5808, or Mrs. Robyn Zettler at the Ontario Command Office (905)841-7999.