



THE ROYAL CANADIAN LEGION
ONTARIO COMMAND

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June 2011

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

Dear Comrades:

**RE THE ROYAL CANADIAN LEGION, ONTARIO COMMAND
SUMMER TRACK & FIELD CHAMPIONSHIPS
CHATHAM & KENT SECONDARY SCHOOL, CHATHAM, ON
JULY 15 – 16, 2011**

AGE LIMITS

Boys & Girls - **U16** -15 and under as of December 31, 2011 -Born 1996 or later
Boys & Girls - **U18**- 17 and under as of December 31, 2011 -Born 1994 or later

TECHNICAL CONSIDERATION

Hurdle heights, shot, discus and javelin weights will be as prescribed in the list of events above. All runways and the track are tartan and will only accommodate Spikes – 7 mm this will be strictly enforced, athlete's shoes that do not conform will not be allowed to compete.

Please note that the javelin, discus and hammer throw events will be held just outside the stadium at the north end.

All implements must be checked in the technical area. Once checked all equipment becomes part of event equipment until the entire event is over and released by the officials in charge.

All equipment must be in to the weigh in area at least one hour before the event with the following preferred times:

Friday evening events -- by 3:00 p.m.
Saturday morning events – by 8:00 p.m. on Friday or 7:00 a.m. Saturday
Saturday afternoon events – by 10:30 a.m. on Saturday

Track

EVENTS	BOYS U16	GIRLS U16	BOYS U18	GIRLS U18
100m	YES	YES	YES	YES
200m	YES	YES	YES	YES
300m	YES	YES	NO	NO
400m	NO	NO	YES	YES
800m	YES	YES	YES	YES
1200m	YES	YES	NO	NO
1500m	NO	NO	YES	YES
2000m	YES	YES	NO	NO
3000m	NO	NO	YES	YES
80m Hurdles	NO	YES	NO	NO
100m Hurdles	YES	NO	NO	YES
110m Hurdles	NO	NO	YES	NO
200m Hurdles	YES	YES	NO	NO
300m Hurdles	NO	NO	YES	YES
1500m S/C *	YES	YES	NO	NO
2000m S/C	NO	NO	YES	YES
Walks	1500m	1500m	3000m	3000m

*No water jump

Field

EVENTS	BOYS U16	GIRLS U16	BOYS U18	GIRLS U18
High Jump	YES	YES	YES	YES
Pole Vault	YES	YES	YES	YES
Long Jump	YES	YES	YES	YES
Triple Jump	YES	YES	YES	YES
Shot Put	4 Kg	3 Kg	5 Kg	4 Kg
Discus	1 Kg	1 Kg	1.5 Kg	1 Kg
Javelin	600 gm	600 gm	700 gm	600 gm
Hammer	4 Kg	3 Kg	5 Kg	4 Kg

Multiple Events

U16F Pentathlon	80mH, 800m, Long Jump, High Jump, Shot Put
U16M Pentathlon	100mH, 1000m, Long Jump, High Jump, Shot Put
U18F Heptathlon	100mH, 200m, 800m, Long Jump, High Jump, Shot Put, Javelin
U18M Octathlon	110mH, 100m, 400m, 1000m, Long Jump, High Jump, Shot Put, Javelin

Hurdle Specifications

80mH - Female Only U16 12m to H1; 8m between / Height = 30" / 76cm

100mH - Female U18 13m to H1; 8m50 between / Height = 30" / 76cm

100mH - Male U16 13m to H1, 8m50 between / Height = 33" / 84cm

110mH - Male U18 13m72 to H1; 9m14 between / Height = 36" / 91cm

200mH - Female U16 Start @ 200m lines & use 400mH markings / Height = 30" / 76cm, 15m to H1

200mH - Male U16 Start @ 200m lines & use 400mH markings / Height = 30" / 76cm, 15m to H1

300mH - Female U18 Start @ 300m lines; 50m to H1 then use 400mH markings / Ht = 30" / 76cm

300mH - Male U18 Start @ 300m lines; 50m to H1 then use 400mH markings / Ht = 33" / 84cm

1500m SC - F&M U16 Start @ 1500m line; No Water Jump; Height (F&M) = 30" / 76cm

2000m SC - F&M U18 Water Jump In; Height F = 30" / 76cm; M = 33" / 84cm

GENERAL INFORMATION

Command medals will be awarded to the first three finishers in each event.

All athletes must qualify at District level in the year of competition in order to be eligible to compete at the Provincial Meet

All athletes must complete proper consent forms prior to competing.

Each athlete shall be restricted to a maximum of three (3) events.

Districts shall be limited to a maximum of two (2) entries per event.

Seed times and heights must be shown in the relevant block on the entry form.

Meet results will be posted.. For corrections to the result information – please contact the Meet Director or Results Co-ordinator.

All entries must be submitted through the District Track & Field Chairman, and a copy of the District results shall be included with the Provincial entry. The long form will be used for entries. Entries will be posted on the legion website: www.on.legion.ca

Post entries will not be accepted.

Substitutions and changes to entry lists will be accepted up to 11 pm on Wed. July 13.

Athletes qualifying for finals in 100 meters and 200 meters and sprint hurdles and failing to run in the final will be disqualified from further competition. Scratches from any other events are without penalty.

District Chairmen are to forward entry lists by **July 10, 2011** to:

Mr. Robert Tucker
208-109 King Street East
Brockville, ON K6V 1B8
Phone – 613-345-5808 Fax – 613-345-5803
Email: brockvillelegion@yahoo.ca

**Email entries preferred. Fax copies must be in heavy dark print.
Please observe deadline.**

SPECIAL NOTE - **FUNDING**

Travel - Provincial Command will pay for the cost of a charter bus from the central point in each District to the Meet site and return (with the exception of the Host District). An invoice or quote is to be submitted to Command for audit purposes. Districts requiring the use of a school bus on Saturday morning to deliver athletes to the meet must make arrangements with the host district chairman and prior approval obtained from Command.

Meals - \$15.00 per athlete, coach/chaperone from Friday registration to the Meet closing, based on registration of athletes and coaches/chaperones (Maximum 40 and 4)

Accommodation - \$22.00 per athlete, coach/chaperone for one (1) night, four hundred (400) miles or less from the Meet site. (Maximum 40 and 4)
\$22.00 per athlete, coach/chaperone for each additional night to a maximum of 1 additional night based on distances involved as per the officer's manual. (Maximum 40 and 4)
The distribution of Command approved funds to athletes, coaches/chaperones to be at the discretion of the District Track & Field Chairman.

CENTRAL POINTS

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|--------------|---|-----------------|
| District "A" | - | Windsor |
| District "B" | - | Hamilton |
| District "C" | - | Harriston |
| District "D" | - | Toronto |
| District "E" | - | Orillia |
| District "F" | - | Peterborough |
| District "G" | - | Cornwall |
| District "H" | - | Sault Ste Marie |
| District "K" | - | Cochrane |

Meet Director Mr. Chris Vachon
4303 Mount Royal Dr.
Windsor, ON N9G 2C5
Phone: 519-962-6882
Email: legiontrack@yahoo.com

A registration table for pickup of the Meet information and athletes' numbers will be available at the track. Information for District and Provincial Officers regarding receptions and the Saturday evening dinner will be made available at check in.

The Friday evening events will start at 4:00 p.m. Saturday morning events will start at 8:00 a.m. Opening ceremonies will be held at 8:45 a.m. Saturday morning.

Yours in Comradeship,

Robert Tucker
Chairman, Provincial Track & Field Committee
RT/RZ