



## PRESS RELEASE

### THE ROYAL CANADIAN LEGION, ONTARIO COMMAND SUMMER TRACK & FIELD CHAMPIONSHIPS 2023

**On July 7 & 8, 2023**, approximately 400 young amateur athletes will gather from across Ontario at the Terry Fox Track and Field Complex, 9050 Bramalea Rd, Brampton, Ontario

#### Age Limits

MIDGET – Boys & Girls, 15 and under as of December 31, 2023 – Born 2008 or later.

YOUTH – Boys & Girls, 17 and under as of December 31, 2023 – Born 2006 or 2007

#### Events

80m Hurdles	Long Jump
100m Hurdles	High Jump
110m Hurdles	Triple Jump
200m Hurdles	Pole Vault
400m Hurdles	Javelin (500gm – Midget & Youth Girls, 600gm – Midget Boys, 700gm – Youth Boys)
100 Meters	Shot Put (3 Kilo – Midget & Youth Girls, 4 Kilo – Midget Boys, 5 Kilo – Youth Boys)
200 Meters	Discus (1 Kilo – Midget & Youth Girls – Midget Boys, 1.5 Kilo – Youth Boys,)
300 Meters	Hammer (3 Kilo – Midget & Youth Girls, 4 Kilo – Midget Boys, 5 Kilo – Youth Boys)
400 Meters	1500 Meter Steeplechase (no water) (Midget Girls/Boys)
800 Meters	2000 Meter Steeplechase (Youth Girls/Boys)
1200 Meters	1500 Meter Racewalk (Midget Girls/Boys)
1500 Meters	3000 Meter Racewalk (Youth Girls /Boys)
2000 Meters	3000 Meters

While the meet will begin at 2:45p.m. on Friday, July 7<sup>th</sup>, the official opening ceremony has been set for 8:45 a.m. on Saturday, July 8<sup>th</sup>. Provincial President Derek Moore along with Provincial Track & Field Chair John Crook, other V.I.P.'s and Legion dignitaries will be present for the official opening ceremony at the Terry Fox Track and Field Complex, 9050 Bramalea Rd, Brampton, Ontario. No substitution or post entries will be permitted.

Some of the athletes who qualify at this meet will proceed to the Legion National Track & Field Championships to be held in Sherbrooke, Quebec, during August 8-14, 2023.

Each year close to a half million dollars is spent on the National event. Many of the more than 1,350 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 Ladies Auxiliary and our Track & Field corporate sponsor Programmed Insurance Brokers Inc.

For further information concerning the 2023 Legion Summer Track & Field Meet, please contact the Chair John Crook ([rclontf@gmail.com](mailto:rclontf@gmail.com)) or Juanita Kemp at the Ontario Command Office (905-841-7999).