



THE ROYAL CANADIAN LEGION
ONTARIO COMMAND

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May 30, 2008

**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
CENTENNIAL STADIUM, KITCHENER
JULY 18-19, 2008**

AGE LIMITS

Girls	-	15 and under as of December 31, 2008	-	Born 1993 or later
Boys	-	15 and under as of December 31, 2008	-	Born 1993 or later
Boys	-	17 and under as of December 31, 2008	-	Born 1991 or later
Girls	-	17 and under as of December 31, 2008	-	Born 1991 or later

EVENTS

GIRLS 15 AND UNDER

80 M. Hurdles .762
300 M Hurdles .762
100 Meters
200 Meters
400 Meters
800 Meters
1500 Meters
3000 Meters
Long Jump
Triple Jump
High Jump

BOYS 15 AND UNDER

100 M. Hurdles .914
300 M. Hurdles .840
100 Meters
200 Meters
400 Meters
800 Meters
1500 Meters
3000 Meters
Long Jump
Triple Jump
High Jump

Girls 15 and Under

Shot Put (3 kilos)

Discus (1 kilo)

Javelin (600 gms.)

GIRLS 17 AND UNDER

100 M. Hurdles .762

400 M. Hurdles .762

100 Meters

200 Meters

400 Meters

800 Meters

1500 Meters

1500 M. Racewalk

2000 M. Steeple Chase

3000 Meters

Long Jump

Triple Jump

High Jump

Pole Vault

Shot Put (4 kilos)

Discus (1 kilo.)

Javelin (600 gms.)

Hammerthrow (4gms.)

Heptathlon (100MH, HJ, SP,
200M, LJ, Javelin, 800 M)

Boys 15 and Under

Shot Put (4 kilos)

Discus (1 kilo)

Javelin (700 gms.)

BOYS 17 AND UNDER

110 M. Hurdles .914

400 M. Hurdles .840

100 Meters

200 Meters

400 Meters

800 Meters

1500 Meters

1500 M. Racewalk

2000 M. Steeple Chase

3000 Meters

Long Jump

Triple Jump

High Jump

Pole Vault

Shot Put (5 kilos)

Discus (1.5 kilos)

Javelin (700gms)

Hammerthrow (5.0 kilos)

Octathlon (HJ, 400M, SP, LJ
110 MH, 100M, Javelin, 1000M)

TECHNICAL CONSIDERATION

Hurdle heights, shot, discuss and javelin weights will be as prescribed in the list of events above. All runways, jumping areas and the track are weatherplex surface. Throwing circles are cement.

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

All implements must be checked in the technical area that is located in the last dressing room on the north side of the stands at Centennial Stadium. 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 two hours before the event with the following preferred times:

- Friday evening events - by 4:00 p.m.
- Saturday morning events – by 7:00 p.m. on Friday evening
- Saturday afternoon events – by 9:30 a.m. on Saturday morning

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 Provincial and Dominion levels.

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.

Meet results will be posted underneath the stands – near the main entrance and on the wall at the south end of the stands. For corrections to the result information – please go to the tent near the portable building and ask for the Meet Director or Results Co-coordinator.

Post entries will not be accepted.

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.

**ROYAL CANADIAN LEGION - ONTARIO COMMAND
PROVINCIAL TRACK AND FIELD CHAMPIONSHIPS
CENTENNIAL STADIUM ,KITCHENER, JULY 18-19,2008**

TRACK				FIELD		
FRIDAY - VENDREDI						
6.00 PM	2000M	Steeplechase Final	M17	6.00 PM	Long Jump	F15
6.10 PM	110m H	Octathlon(0.914)	M17		Triple Jump	F17
	110m H	Heats (0.914)	M17		Pole Vault	F17,M17
	100m H	Heats (0.914)	M15		Shot Put	M17(5kg)
	100m H	Heptathlon (0.762)	F17		Javelin	F15(600g)
	100m H	Heats(0.762)	F17			
	80m H	Heats(0.762)	F15	6.30 PM	High Jump Heptathlon	F17
					High Jump Octathlon	M17
					Hammer	F17 (4kg)
6.50 PM	400m	Timed Finals	F15,F17			M17(5kg)
	400m	Octathlon	M15,M17	7.15 PM	Long Jump	M15
	1500m	Timed Finals	M17			
7.30 PM			F15,F17	8.30 PM	Shot Put	F17 (4kg)
			M15,M17		Shot Put Heptathlon	F17 (4kg)
8.15 PM	80m H	Final	F15		Shot Put Octathlon	M17(5kg)
	100m H	Final	F17			
	100m H	Final	M15			
	100m H	Final	M17			
8.30 PM	2000M	Steeplechase Final	F17			

SATURDAY - SAMEDI

8.45 AM	OPENING CEREMONIES					
9.00 AM	100m	Heats	F15,F17, M15,M17	9.00 AM	Discus	M15(1kg)
	100m	Octathlon	M17		High Jump	F17
9.50 AM	200m	Heptathlon	F17		Long Jump	M17
10.00 AM	3000m	Finals	F15,F17, M15,M17		Triple Jump	F15
11.15 AM	100m	Finals	F15,F17, M15,M17		Javelin	F17(600g)
				10.30 AM	Discus	F15 (1kg)
					High Jump	M17
					Triple Jump	M15
					Javelin	M15(600g)
					Long Jump Heptathlon	F17
					Long Jump Octathlon	M17
				12.00 PM	Discus	M17(1.5kg)
					High Jump	F15
					Long Jump	F17
					Shot Put	M15(4kg)
					Javelin Heptathlon	F17(600g)
					Javelin Octathlon	M17(700g)
				1.30 PM	Discus	F17(1kg)
					High Jump	M15
					Triple Jump	M17
					Shot Put	F15(3kg)
					Javelin	M17(700g)
12.30 PM	300m H	Timed Finals (.0762)	F15			
	400m H	Timed Finals (.0762)	F17			
	300m H	Timed Finals (.0840)	M15			
	400m H	Timed Finals (.0840)	M17			
1.15 PM	200m	Heats	F15,F17, M15,M17			
2.00 PM	800m	Finals	F15,F17, M15,M17			
2.40 PM	1500m	Racewalk	F17,M17			
3.00 PM	800m	Heptathlon	F17			
	1000m	Octathlon	M17			
3.15 PM	200m	Finals	F15, F17, M15, M17			

**** Events will not be held ahead of scheduled time.