



June 23, 2016

CANADA'S NEXT GREATEST ATHLETES GATHER AT TORONTO TRACK AND FIELD CENTRE JUNE 25-26 FOR ATHLETICS ONTARIO'S JUNIOR PROVINCIAL CHAMPIONSHIP.

Athletics Ontario is excited to showcase Ontario's up and coming track and field athletes at this weekends Junior Championship and Bantam, Midget, Youth Combined Events Championship + Prep Meet #2.

"We're looking forward to the opportunity to witness the Olympic spirit come to life with our younger athletes," says Jim Cotten, Head Coach from the Brampton Bullets. "The Junior Championships offer a chance for our athletes to push their performance to the limit. That's what this championship is all about, pushing your limits and seeing if all their hard work and training during indoor season has paid off."

The Olympic fever can be felt everywhere you turn, especially for Khamal Stewart-Baynes of the House of Roots Track Club, who as a youth will be competing against junior athletes with the top seed time in both the 200m and 400m races.

After a tremendous victory at the Senior Championships two weeks ago, Muhumed Sirage will look to stand on top of the podium once again as the Junior Champion in the 3000m steeple chase. After already qualifying for World Junior Championships in Poland later this year, we can expect nothing but an outstanding performance from an incredibly gifted athlete.

It is not just on the track where outstanding athletic performances will be center stage; Ben Cross, a javelin thrower of the Kingston Track and Field club will look to build on his first place finish at OFSAA earlier this year with a throw of 60.98. Continuing his momentum into this weekends Junior Championships, Cross will look to add another gold to his trophy case. With his sights set on joining the 2016 Team Canada at World Junior Championship, expect Ben to go for another personal best.

These are only a few of the incredible athletes that will be competing this weekend. With the Olympics and World Junior Championships around the corner, the Junior Championships will be an event for personal bests and outstanding performances from all athletes.

The Olympic spirit is truly alive in all these athletes, representing the future of Athletics in Ontario and Canada.