

News from Around the Track

-The Front Leg -

ATHLETICSONTARIO.CA

ONE



Junior Provincial Championships, BMY Combined Events Championships + Prep Meet #2 took place at the Toronto Track and Field Centre this past weekend. Athletes competed in hot weather conditions with many still able to post Personal Best's.

[CLICK HERE](#) to view results.

TWO

ATHLETICS IN THE NEWS

[Rio Olympics Anti-Doping Laboratory Shut Down by Watchdog](#)

- [67 Russian apply for exemptions to ban from Rio Olympics](#)
- [Can't Katch Karn](#)
- [Mechler makes rapid ascent of decathlon ladder](#)
- [What's next for Justyn Knight after his best 5,000m?](#)

Watch Videos!



THREE

- [Sudbury Twilight #2](#)
- [Ottawa Summer Twilight #4](#)
- [Hamilton Canada Day Twilight](#)
- [Flying Angels International Classic Track Meet](#)
- [Sir Chinmoy Ultras](#)

[Full list of events, CLICK HERE](#)

Upcoming Meets

FOUR

Back by Popular Demand

Experts Express Program provides a coach or club access to provincially endorsed experts at **no cost** to you! The **five areas** of expertise include:



1. Nutrition
2. Leadership & Management
3. Enhancing Mental Skills [Sport Psychology]
4. Para-Sport
5. Conditioning

FIVE

Athletics Ontario has a new home!

We have officially moved to Variety Village [3701 Danforth Ave, Scarborough, ON]. Reach us at **416.426.7217**

