

News from Around the Track

-The Front Leg -

ATHLETICSONTARIO.CA

ONE

Bantam, Midget, Youth (BMY) Championships + Combined Events Championships took place last weekend, **July 22-24** at the University of Windsor. Athletes got a surprise of a lifetime when Olympian, Brandon McBride showed up to presents athletes with their medals

[READ MORE](#)

TWO

ATHLETICS IN THE NEWS • [Let's rally behind our Rio athletes](#)

- [Saugeen Shores athletes earn multiple medals at track and field meet](#)
- [Sports briefs: swimming, track and field](#)
- [Local Throwers Headed To Track and Field Championships](#)
- [Barrie teacher, coach renews push for artificial track in city](#)
- [Whitby teen Daiten Rhone ready to blast out of track starting blocks in U.S.](#)

THREE

Xahria Santiago put Canada on the podium at the 2016 U20 World Jr Championships in Bydgoszcz, Poland with a third place finish in the women's 400-meter hurdles. With the help of teammates Ashlan Best, Natassha McDonald and Victoria Tachinski, set a new U20 Canadian record in the Women's 4x400-meter.



[READ MORE](#)

FOUR

EASTERN CANADIAN ESPOIR CHAMPIONSHIPS

Athletics Ontario is pleased to announce the athletes that will represent Ontario at the Eastern Canadian Espoir Championships hosted in Moncton, New Brunswick August 6-7, 2016.

[CLICK](#)
for a
[complete list](#)
of athletes

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- Down the Back Stretch -

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FIVE



Upcoming Coaching Courses:

Sport Coach

September 10

York University

[REGISTER HERE](#)

Club Coach

September 10-11

York U/ Variety Village

[REGISTER HERE](#)

SIX

Regional Volunteer Search

Our search continues for Regional Volunteer Leads. If you or someone you know is looking to get involved or help out with a variety of Athletics events in their area, apply today!

DEADLINE TO APPLY JULY 31, 2016

[APPLY HERE](#)

seven

REQUEST FOR PROPOSALS

AO is seeking a qualified source to provide exceptional team apparel to showcase our athletes at all Team events.

CLICK HERE
for more info