

# News from Around the Track

## -The Front Leg -

ATHLETICSONTARIO.CA

# ONE

**Bantam, Midget, Youth (BMY) Championships + Jr. & Sr. Combined Events Championships** set to take place **July 22-24** at the University of Windsor. Registration closes Monday July 18, 2016 at 11:59 p.m.



Click  
here to  
Register

### Reminders for BMY Championships:

- **All athletes must check in for their event.**
- Check-in window opens 1.5hrs prior to event start time and closes 30mins before scheduled event start time.

# TWO

## ATHLETICS IN THE NEWS

### • Canadian track and field championships: 6 races to watch

- Five Local Athletes Headed to National Track and Field Championships
- Tim Nedow set for discus throw title defence at track and field nationals
- **Train like an Olympian with sprinter Khamica Bingham**
- Olympic hopefuls in javelin training in Brampton

# THREE

Try something new, participate in a **marathon/road race!** Click the race link for more information or to register:

- **July 9:** [The Limberlost Challenge 2016](#)
- **July 17:** [The Friendly Massey Marathon](#)
- **Aug 1:** [Warton Shore to Shore race](#)
- **Aug 6:** [Colleen Lantz Memorial Run 4 Youth](#)
- **Aug 6:** [Creemore Vertical Challenge 25K, 50K, 75K](#)



Click **HERE** for a  
full list of  
**Meets/Twilight  
Series**

# FOUR

## Upcoming Coaching Courses:



**Coaches  
Box**

**Sport Coach**  
September 10  
York University

[REGISTER HERE](#)

**Club Coach**  
September 10-11  
York U/ Variety Village

[REGISTER HERE](#)

# News from Around the Track

## -Down the Back Stretch -

ATHLETICSONTARIO.CA

### FIVE

**CANADIAN CHAMPIONSHIPS AND RIO SELECTION TRIALS** take place July 7-10 in Edmonton, Alberta. Ontario will be well presented by athletes including Damian Warner, Melissa Bishop and AOBrand Ambassadors Jeremy Hick, Madison Wilson-Walker and Coach Richard Parkinson, to name a few.

Watch it LIVE



### SIX

## 30,000 Participants



This school year over 30,000 children participated in our Run, Jump, Throw, Wheel initiatives. Using track and field inspired games, activities and skill challenges, children learned the fundamental movement skills required for running, jumping, throwing and wheeling (for kids in wheelchairs). RJTW is a fully integrated program with adaptations for participants with physical or intellectual disabilities.

If you are interested in hosting a RJYW activity please contact Jim Catton at [jimcatton@athleticsontario.ca](mailto:jimcatton@athleticsontario.ca)

### Seven

27 Athletes to represent Ontario at the  
IAAF World Junior Championships  
July 19-24, 2016

Click the logo for more info -->

