

**ROYAL CANADIAN LEGION  
2018 DISTRICT F and  
PROVINCIAL TRACK & FIELD QUALIFYING MEET**

<b>DATE:</b>	<b>SAT June 23, 2018</b>
<b>TIME:</b>	Registration starts 8:30 a.m. Opening Ceremonies 9:30.a.m. Track and Field Events 10:00 a.m.
<b>VENUE:</b>	Civic Recreation Complex 99 Thornton Road South Oshawa, Ontario, L1J 5Y1 905-436-5454 Map: <a href="http://www.oshawa.ca/mun_res/civic/location.asp">http://www.oshawa.ca/mun_res/civic/location.asp</a>
<b>MEET CONVENOR:</b>	Tom Carr tom.carr@cogecoo.ca
<b>MEET DIRECTOR</b>	Coach Dale Lapham sebcoe1984@hotmail.com
<b>MEET HOSTS</b>	Durham Dragons Track and Field Club
<b>AGE CLASSES:</b>	<b>Youth Athletes</b> , 17 years & Under born 2001 and 2002  <b>Midget Athletes</b> , 15 years & Under born 2003, 2004, 2005
<b>VERY IMPORTANT</b>	<b>This meet is for Male &amp; Female Athletes who live in District F. District F boundaries are shown at the RCL Ontario Command Website. Basically this is LOSSA and COSSA. Athletes must provide proof of current Health Card, home address at the registration table. Athletes not living in Dist F who try to register on Meet Day will not be permitted to compete. Athletes chosen for the District F Team may compete at the RCL Provincial Champs at St Catherines Jul 13/14.</b>
<b>Volunteers and Officials</b>	<b>Must be provided by Clubs, Coaches, Parents, Volunteers</b>

<b>EVENTS:</b>	
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### MIDGET – 15 and UNDER - GIRLS & BOYS

100m, 200m, 300m, 800m, 1200m, 2000m,  
1500m Racewalk  
1500m Steeple Chase (Boys .762m, Girls .762m) no water jump  
Girls 80m HURDLES (.762m)  
Boys 100m HURDLES (.84m)  
Girls 200m HURDLES (.76m)  
Boys 200m HURDLES (.76m)

LONG JUMP, TRIPLE JUMP, HIGH JUMP, PENT\*, POLE VAULT, PENT\*  
Girls (3Kg) Boys (4Kg) SHOT PUT, Girls (500g) & Boys JAVELIN (600g)  
Girls & Midget Boys DISCUS (1kg).

\*PENT = (80mH Girls) (100mH Boys), HJ, SP, LJ, 800m.

\*Competition will be concurrent with each event listed above except for the 800m.  
Athletes are eligible to win same event medals, and may be selected to the team in some individual events, but must choose PENT or individual events for RCL Championships.  
Only first 3 throws in Shot Put and first 3 attempts in the Long Jump will count for PENT and HEP, but all 6 throws and 6 Long Jump attempts will count for individual event medal.

### YOUTH – 17 & UNDER GIRLS AND BOYS

100m, 200m, 400m, 800m, 1500m, 3000m  
Girls 2000m STEEPLECHASE (.762m)  
Boys 2000m STEEPLECHASE (.84m)  
Boys and Girls 3000m RACEWALK  
Girls 100m HURDLES (.762m) Boys 110m HURDLES (.91m)  
Girls 400m HURDLES (.762m) Boys 400m HURDLES (.84m)  
LONG JUMP, HIGH JUMP, TRIPLE JUMP, POLE VAULT, HEPTATHLON\*  
SHOT PUT (3kg Girls/5kg Boys)  
JAVELIN (700g Boys & 500g Girls)  
DISCUS (1kg Girls/1.5 kg Boys)

Girls and Boys Heptathlon (100m Girls)(110mH Boys), HJ, SP, 200m, LJ, Jav, 800m)

\*HEP competition will be concurrent with each event listed above except for 800m.  
Athletes are eligible to win INDIV event medals too. Only first 3 attempts in the Long Jump, Shot Put, and Javelin will count for HEP, but all 6 throws in LJ, SP & Jav will count for event medal. Same selection decisions as to events or HEP at Prov Champs.

<b>MEDALS:</b>	FIRST, SECOND & THIRD IN EACH EVENT. At medal presentation, athletes are to confirm intention to compete at RCL Provincial Championships if selected
<b>ENTRIES:</b>	NO ENTRY CHARGE FOR EVENTS AND NO NEED TO BE REGISTERED WITH ANY CLUB OR ATHLETICS ONTARIO
Entry Deadline	By Wed June 20TH 2017. Send entries to  Al Baigent email alanbaigent@sympatico.ca
<b>WAIVER</b>	<b>ATHLETES Must Bring signed WAIVERS to the meet.</b>
<b>SCHEDULE:</b>	REFER TO SCHEDULE. CHANGES MAY BE MADE DEPENDING ON THE ENTRIES. TIMES ARE APPROXIMATE. PLEASE PREPARE YOUR ATHLETES ACCORDINGLY.
<b>TECHNICAL:</b>	All events are Timed Finals including all sprints and runs Zero False start rule except combined event athletes get one 6mm SPIKES MAXIMUM TRACK WILL RUN 15&U GIRLS & BOYS, 17&U GIRLS & BOYS IAAF REGULATIONS WILL GOVERN MEET PROCEDURES ATHLETES IN THROWs should SUPPLY OWN IMPLEMENTS

### **PERFORMANCE STANDARDS \$ & DISTRICT 'F' TEAM SELECTION**

District 'F' Team will be competing in the Provincial RCL Champs at St Catherines July 13/14. Athletes must travel to the Meet on the Team Bus. We are allowed max 2 entries per age, per gender, per event. Athletes will be chosen by a Selection Committee using standards and the criteria provided below. Athletes may be selected based, in part, by results from previous meets this spring. If team positions are still unfilled, other criteria may be considered. Athletes competing in the PENT and HEP will be evaluated by the committee. Coaches should bring results from other meets for consideration. Up to 44 Athletes will be chosen for the District F Team. There will be no cost for Team Members for bus transportation, accommodation, some food. Athletes should bring money for incidentals and snacks

### **RCL DISTRICT 'F' TEAM SELECTION STANDARDS**

**Standards are based on the average results for the 6<sup>th</sup> place finish at the Legion Provincial Champs over a 5 year period, except for new events.**

<b>GIRLS 15 &amp; UNDER</b>	<b>GIRLS 17 &amp; UNDER</b>	<b>EVENT</b>	<b>BOYS 15 &amp; UNDER</b>	<b>BOYS 17 &amp; UNDER</b>
12.99	12.79	100m	11.83	11.39
26.50	26.32	200m	24.29	23.01
43.89	XXXXXXXXXX	300m	38.66	XXXXXXXXXX
XXXXXXXXXX	59.53	400m	XXXXXXXXXX	51.65
2:34.66	2:28.16	800m	2:10.15	2:01.80
4:01.33	XXXXXXXXXX	1200m	3:28.63	XXXXXXXXXX
XXXXXXXXXX	5:02.90	1500m	XXXXXXXXXX	4:12.68
7:10.29	XXXXXXXXXX	2000m	6:28.50	XXXXXXXXXX
XXXXXXXXXX	11:12.85	3000m	XXXXXXXXXX	9:23.18
13.21		80m Hurdles		
	15.56	100m Hurdles	15.51	
		110m Hurdles		15.86
30.45		200m Hurdles	27.49	
	01:13.00	400m Hurdles		01:02.70
	8:24.01	2000m SC		6:50.86
10:52:00	XXXXXXXXXX	1500m RW	10:22:00	XXXXXXXXXX
6:13.01	XXXXXXXXXX	1500m SC	5:22.55	XXXXXXXXXX
XXXXXXXXXX	15:30:00	3000m RW	XXXXXXXXXX	14:30:00
1.45	1.50	High Jump	1.65	1.75
1.8	2.20	Pole Vault	2.2	2.85
4.66	4.99	Long Jump	5.55	6.32
10.11	10.54	Triple Jump	11.50	12.39
9.89	10.52	Shot Put	11.73	13.68
25.70	29.85	Discus	35.90	39.07
24.91	29.47	Javelin	38.20	45.1
21.53	28.65	Hammer	30.60	35.25

Girls PENT 1682      MBoys PENT 2085

YGirls HEP 2700      YBoys HEP 3435

2018 Schedule

<b>TRACK</b>	<b>FIELD</b>
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10:00 a.m.		10:00 a.m.
<b>STEEPLECHASE</b>  One Section Final Each  15 &U, .762m G--.84m B 1500m no water jump  17&U, .762mG--.84m B 2000m – with water jump	    <b>15&amp;U Girls &amp; Boys</b>    <b>17&amp;U Girls &amp; Boys</b>	<b>LONG JUMP - Boys 15&amp;U and Pent Boys</b>  <b>HIGH JUMP – Girls 17&amp;U and HEP Girls</b>  <b>JAVELIN – Boys 15&amp;U and 17&amp;U and HEP Boys</b>  <b>TRIPLE JUMP – Girls 15&amp;U</b>  <b>SHOT PUT – Girls 15&amp;U and Pent Girls</b>
		<b>11:15 a.m.</b>
<b>200m HURDLES</b> <i>Heat Timed Finals</i> (Legion 15 &U , Girls .762m; 15&U Boys .84cm)	<b>15&amp;U GIRLS &amp; BOYS</b>	<b>LONG JUMP - Girls 15&amp;U and Pent Girls</b>  <b>TRIPLE JUMP – Boys 15&amp;U</b>  <b>POLE VAULT – All Girls and Boys</b>  <b>JAVELIN - Girls 15&amp;U and 17&amp;U and HEP Girls</b>  <b>SHOT PUT – Boys 15&amp;U and Pent Boys</b>  <b>HIGH JUMP – Boys 17&amp;U and HEP Boys</b>
<b>400m HURDLES</b> Heat timed finals (Legion 17 &U, Girls .762m, Boys .84m)	<b>17&amp;UNDER</b>  <b>GIRLS &amp; BOYS</b>	
<b>100m Timed Finals</b>  <b>1200m Finals – section(s)</b>  <b>1500m Finals – section(s)</b>	<b>ALL GIRLS&amp;BOYS</b>  <b>15&amp;U GIRLS &amp; BOYS</b>  <b>17&amp;U GIRLS&amp;BOYS</b>	

<b>LUNCH</b>		
<b>1:00p.m.</b>		<b>01:00:00 PM</b>
<b>80/100/110m HURDLES</b>  <i>Timed Finals –</i>	<b>15 &amp; UNDER + PENT GIRLS</b> <b>Girls and Boys 17 &amp; UNDER</b> <b>HEP GIRLS &amp; BOYS</b>	<b>LONG JUMP – Girls</b> <b>17&amp;U and HEP</b> <b>Girls</b>  <b>TRIPLE JUMP –</b> <b>Boys 17&amp;U</b>  <b>SHOT PUT – Boys</b> <b>17&amp;U and HEP</b> <b>Boys</b>  <b>DISCUS – Girls</b> <b>15&amp;U and 17&amp;U</b>  <b>HIGH JUMP – Boys</b> <b>15&amp;U and Pent</b> <b>Boys</b>
<b>1500m Racewalk</b>  <b>3000m Racewalk</b> <b>Finals</b>	<b>15&amp;U GIRLS &amp; BOYS</b>  <b>17&amp;U GIRLS &amp; BOYS</b>	
<b>800m Finals</b> <b>timed section(s)</b>	<b>15&amp;U GIRLS&amp; BOYS</b>  <b>17&amp;U GIRLS &amp; BOYS</b>	
<b>200m Finals timed sections</b>	<b>15 &amp; UNDER GIRLS&amp; BOYS</b>  <b>17&amp;U Girls and Boys</b>  <b>15&amp;U Pent Girls and Boys</b>  <b>17 &amp; UNDER + HEP GIRLS &amp;</b> <b>BOYS</b>	<b>HIGH JUMP – Girls</b> <b>15&amp;U and Pent</b> <b>Girls</b>  <b>DISCUS – Boys</b> <b>15&amp;U and 17&amp;U</b>  <b>SHOT PUT – Girls</b> <b>17&amp;U and HEP</b> <b>Girls</b>  <b>LONG JUMP –</b> <b>Boys 17&amp;U and</b> <b>HEP Boys</b>  <b>TRIPLE JUMP –</b> <b>Girls 17&amp;U</b>

2000m <i>Finals</i> 3000m <i>Finals</i> 800m	<b>15&amp;U GIRLS&amp; BOYS</b> <b>17&amp;U GIRLS &amp; BOYS</b> <b>PENT and HEP Girls and Boys</b>	

**BRING SIGNED WAIVER TO THE MEET FOR EACH ATHLETE  
SANCTIONED AND REQUIRED BY:  
THE ROYAL CANADIAN LEGION - ONTARIO COMMAND  
RELEASE, WAIVER, PHOTO WAIVER AND INDEMNITY**

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor and to have photos taken in the

**2018 ROYAL CANADIAN LEGION DISTRICT F CHAMPIONSHIPS**

I, for myself, my heirs, executors, administrators, successors and assigns  
HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE

The Royal Canadian Legion - Ontario Command  
City of Oshawa  
The Durham Dragons Track and Field Club

And all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, successors and assigns OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have been contributed to or occasioned by negligence

I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of those arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above WAIVER, RELEASE AND INDEMNITY.

I WARRANT that I am physically fit to participate in this event, and I authorize photos of me to be taken at this meet for press release purposes and for the Legion Magazine

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Date

Print Athlete Name

Athlete Signature

**Athlete Date of Birth** \_\_\_ day \_\_\_ month \_\_\_ year **MALE** \_\_\_ **FEMALE** \_\_\_

Phone # \_\_\_\_\_ **E-Mail** \_\_\_\_\_ Please print clearly

**If selected for the District F Team, I will compete at St Catherines Jul 13/14**  
**yes** \_\_\_\_\_ **no** \_\_\_\_\_

**If selected, I will board Bus at Belleville** \_\_\_ **Colbourne** \_\_\_ **Port Hope** \_\_\_ **Pickering** \_\_\_

Parent or guardian or Power of Attorney to sign below.) Health Card Current? \_\_\_\_\_yes

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Print Name

Signature of Legal Guardian.

Email