

RC Legion 2025 District H Track and Field Meet

Date: Saturday June 21st, 2025

Location: [Laurentian University Track, Sudbury, ON](#)

Age Groups: This meet is open to athletes born in 2008 or later.

1. U18 (17 and under): Born in 2008 or later
2. U16 (15 and under): Born in 2010 or later
3. U14 (13 and under): Born in 2012 or later
4. U12 (11 and under): Born in 2014 or later

Ages are calculated as of Dec 31, 2025.

NBLTC Athlete Schedule:

- **8:30 am**
 - Registration table opens.
 - I will pick up the teams package of all the athletes' competitive numbers.
 - They will be distributed at the team's tent located on the grass at the far end of the track where the high jump pit is located. (*see map below*)
- **9:00 am**
 - Warm up starts for the athletes who compete at 10:00 am.
- **9:45 am**
 - Opening Ceremony begins.
 - All officials, coaches, athletes and parents are to join.
 - Warm-ups will be paused during the opening ceremonies.
- **10:00 am**
 - Meet starts
 - [Event Schedule](#).

Transportation:

- Parents are responsible for driving their son/daughter to the event. Athletes are asked to be at the track 1 hour before their event begins to pick up their competitive number and begin the warmup process.

Parking:

- Please use **Lot G** or **Lot 14**
 - *Both are located by Ben Avery Building/Pool for parking. See map below.*
- There is **NO** parking inside the stadium for athletes or spectators.
- There is also **NO** parking along the Stadium Road - you will receive a ticket!

Registration:

- Parents are responsible for registering their son/daughter in their events.
- It is best to get this registration process done by Sunday June 15th.
- The final deadline is June 18th at 7 pm.
- There is a cost of \$5.00 for every event entered.
- Registration Process:
 - Refer to the [Event Schedule](#) when choosing events.
 - Before you begin this process, please email me which events your child is going to compete in.
 - You want to make sure there is enough rest time between events.
 - There are protocols for athletes that have a field event occurring at the same time as a track event. Consult the coaches on race day for how to proceed.
 - Click on the meet's [Registration Link](#).
 - Open the [PDF Instruction Document](#) to guide you.
 - Please make sure that a seed time is entered. Contact me at jan@nbltc.ca if you don't know it.

Information:

1. Competition Singlets:

- a. I will be handing out the athlete singlets at the Friday practices June 13th and June 20th.

2. Awards:

- a. There are 1st, 2nd, and 3rd place medals for every age category and for every event.

3. The District H Meet is a qualifying meet for two (2) other competitions:

- a. Legion Provincial Track and Field Championships
 - i. Toronto Track and Field Center
 - ii. July 11th and 12th 2025
 - iii. Depart from North Bay Friday July 10th
 - iv. Only the U16 and U18 age categories are eligible for this meet.
 - v. To be considered for the District H Team, you must be 1st in at least one event, and/or second or third in another event.
 - vi. Top place finishers are the athletes considered by the District H Team Selection Committee.
 - vii. All transportation and accommodation expenses are covered for this event by the Royal Canadian Legion.
 - viii. The District H Team travels together on a coach bus to the Provincials.
 - ix. Athletes are also given \$20.00 a day for their meals.
 - x. Athletes will be notified within a week of the completion of the District H Meet if they have made the team.

b. Finding Ontario's Fastest Kid Provincial Competition.

- i. If you are 12 years or younger as of Dec 31st, 2025, then you are eligible.
- ii. Up to 4 athletes can qualify
 - 1 male, 1 female, 1 para male, 1 para female
- iii. Please ensure you are registered in the "U14" or "U12" 80 metre race at the District H meet.
- iv. Following the competition, we will identify the qualifiers for the provincial "Fastest Kid"
 - Ontario Legion Outdoor Track and Field Championships
 - Toronto Track and Field Centre
 - July 11th

Map of Laurentian Facilities and Parking:

