

2010 Canadian Legion National Youth U18 & U16 Championships

ENTRY STANDARDS & Technical Event Information

Track Events				
Event	U16 Male	U16 Female	U18 Male	U18 Female
100m	11.95	13.50	11.50	13.00
200m	24.49	28.16	23.44	26.96
300m - U16	40.50 - New Event ** 400m Standard = 54.50	46.50 - New Event ** 400m Standard = 63.50		
400m - U18			52.88	62.22
800m	2:09.67	2:32.50	2:03.29	2:25.28
1200m - U16	3:34.00 - New Event **1500m Standard = 4:22.00	4:12.00 - New Event ** 1500m Standard = 5:15.00		
1500m - U18			4:13.88	5:00.68
2000m - U16	6:22.00 - New Event ** 3000m Standard = 9:30	7:30.00 - New Event ** 3000m Standard = 11:10.00		
3000m - U18			9:06.18	10:50.28
80m Hurdles - U16		13.80		
100m Hurdles - U16	16.25			15.67
110m Hurdles - U18			16.40	
200m Hurdles - U16	28.50 - New Event @ 76cm / 30" ** 300mH Standard = 45.00	31.00 - New Event @ 76cm / 30" ** 300mH Standard = 54.50		
300m Hurdles - U18			43.50 - New Event @ 84cm / 33" ** 400mH = 58.00	52.00 - New Event @ 76cm / 30" ** 400mH = 69.00
Steeple Chase 1500m - U16 *no water 2000m - U18	5:05.00 - New Event @ 76cm - no water jump ** 5:20.00 with Water Jump	5:55.00 - New Event @ 76cm - no water jump ** 6:10.00 with Water Jump	6:45.00	7:50.00 ** 1500m SC - 5:55 .00
Walks 1500m - U16 3000m - U18	no standard	no standard	no standard	no standard
Relay Events				
4 x 100m Relay	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club
4 x 400m Relay			no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club
.Medley Relay (400-200-200-800)	no standard - relay athletes must represent one Club or School	no standard - relays athletes must represent one Club or School		

SPECIAL ENTRY NOTIFICATION: (Athletes Born in 1995 and younger)

All Under 16 Age Category are REQUIRED to compete in their own age classification and may NOT move up to compete in the Under 18 Age Category in any or all individual events. (As per Athletics Canada Long Term Development Model). This rule does however NOT apply to the relay events. Age composition of the team is exempt at the U18 level to allow Clubs to field relay teams if so needed.

Field Events

** NOTE - Entries for ALL Field Events made via the Open Entry Process are "LIMITED" to an athlete maximum field size of 18 athletes. If the Championship registration exceeds 18 in any field event, then the best 18 ranked athletes (with performance validation) will be accepted. Wind readings in the horizontal jumps are required with standard achievement performances and must be +2.0 mps or less. See Entry Technical Information.

Event	U16 Male	U16 Female	U18 Male	U18 Female
Pole Vault			3.50 * see information on height progression chart below	2.80 * see information on height progression chart below
High Jump	1.65 * see information height progression chart below	1.45 * see information height progression chart below	1.80 * see information on height progression chart below	1.50 * see information on height progression chart below
Long Jump	5.64	4.89	6.25	5.10
Triple Jump	11.61	10.10	12.50	10.50
Shot Put	12.50 - 4kg	10.05 - 3kg ** 10.05 with 4kg accepted	13.00 - 5kg or 12lb	10.50
Discus	40.00 - 1kg	29.00 - 1kg	40.00 - 1.5kg or 1.6kg	33.00 - 1kg
Hammer			38.00	33.00
Javelin	40.00 - 600gm	30.00 - 600gm	40.00 - 700gm or 800gm	34.00 - 600gm

Combined Events

NOTE - Entries in the Combined - Events made via the Open Entry Process will be "LIMITED" to an athlete field size of 10 athletes in each event (+ Legion Branch Entries). If the Championship registration exceeds 10, then the best 10 ranked athletes will be accepted in each event. Preference will be given to those athletes that have achieved the entry Standard in an actual Heptathlon or Octathlon.

Athletes may also petition an entry based on achieving the entry standard by using a "potential score". The "potential score" is achieved by scoring the Heptathlon or Octathlon individual event bests performed by the athlete in the actual championship year. All the individual events must be validated directly to the Entry Committee and not via the Online Entry Process. Athletes wishing to enter the Combined Events using the "potential score" method must contact the Entry Committee (refer to the Technical Package) by Friday, July 16, 12:00 pm EST.

Heptathlon / Octathlon			4330 pts *	3548 pts *
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Standard Achievement Window

All Championship Meet Entry Standards must be achieved in 2010 (January 1, 2010) to the close of the Championship Late Entry Deadline). All events requiring a wind reading for performance validation must have this accompany results being used for Championship entry standard. Legal wind measurement will be enforced for standard achievement (+2.0mps or less and any negative readings).

** Performance standards may be achieved at alternate distances or with throwing implements of different weight where indicated above (**).

HOWEVER ... For SEEDING purposes, track event entries that have attained alternate distance standard and have not also submitted a performance using the specific championship race distance will be accepted as "UNSEEDDED" or assigned "NO TIME" and therefore relegated to the bottom of the Championship Start Lists. In the event of "Timed Section Finals" these entries will then be placed in the lesser or slowest sections. No Indoor performances will be accepted.

Events requiring wind measurement:

100m, 200m, All Straightaway Hurdle Events, 200m Hurdles, Long Jump, Triple Jump

Event Technical Information

Vertical Jump Opening Height & Height Progressions applied for the Championships

* Please consider these opening heights when entering the vertical jump events

Event	U16 - Female	U16 - Male	U18 - Female	U18 - Male
Pole Vault			2m30 by 10cm	3m30 by 10cm
High Jump	1m35 by 5cm to 1m55 then by 3cm	1m50 by 5cm to 1m80 then by 3cm	1m45 by 5cm to 1m65 then by 3cm	1m75 by 5cm to 1m95 then by 3cm

Hurdle Specifications

80mH - Female Only	U16	12m to H1; 8m between / Height = 30" / 76cm
100mH - Female	U18	13m to H1; 8m50 between / Height = 30" / 76cm
100mH - Male	U16	13m to H1, 8m50 between / Height = 33" / 84cm
110mH - Male	U18	13m72 to H1; 9m14 between / Height = 36" / 91cm
200mH - Female	U16	Start @ 200m lines & use 400mH markings / Height = 30" / 76cm, 15m to H1
200mH - Male	U16	Start @ 200m lines & use 400mH markings / Height = 30" / 76cm, 15m to H1
300mH - Female	U18	Start @ 300m lines; 50m to H1 then use 400mH markings / Ht = 30" / 76cm
300mH - Male	U18	Start @ 300m lines; 50m to H1 then use 400mH markings / Ht = 33" / 84cm
1500m SC - F&M	U16	Start @ 1500m line; No Water Jump; Height (F&M) = 30" / 76cm. 1 st Barrier placed past the finish line (Total = 12 barriers).
2000m SC - F&M	U18	Water Jump In; Height F = 30" / 76cm; M = 33" / 84cm

Age Group Throwing Implement Specifications

Event	U16 - Female	U16 - Male	U18 - Female	U18 - Male
Shot Put	3kg	4kg	4kg	5kg
Discus	1kg	1kg	1kg	1.5kg
Hammer	3kg - year 2011	4kg - year 2011	4kg	5kg
Javelin	600gm	600gm	600gm	700gm