



2019 OUTDOOR TRACK AND FIELD SCHEDULE

Fri June 14	Royal Canadian Legion District A	6pm	@ LaSalle
Sat June 15	Royal Canadian Legion District A	9am-3pm	@ LaSalle
Sat June 15	Athletics Ontario Championships	All Day	@ Univ of Toronto
Sun June 16	Series Meet 2 Combine Events U14 / U16		
Sat June 15	800 meter Fest	6:30 pm	@ Univ of Toronto
Sun June 16	1500 meter Night	6:30 pm	@ London UWO
Sun July 1	Hamilton Canada Day Meet	6:30 pm	@ Hamilton McMaster Univ
** Sun July 7	London Distance Series Finale	7:15 pm	@ London UWO
Fri July 12			
Sat July 13	Athletics Ontario Championships	All Day	@ York University
Sun July 14	<u>U20 / Open Championships</u>		
* Fri July 12	Ontario Legion Track and Field Champs TBD		@ Brampton
* Sat July 13	<u>(must qualify from District A Meet)</u>		
Wed July 17	UWAC Twilight	6 pm track / 4 pm field	@ Univ of Windsor
** Wed July 17	Speed River Twilight #3 (youth / junior age)	7 pm	@ Guelph Univ
** Sun July 21	Hamilton 100m / 800m	6:30 pm	@ Hamilton McMaster Univ
Thurs July 25	Canadian Outdoor Championships	All Day	@ Montreal
Sun July 28	<u>(Junior / Senior)</u>		
Fri Aug 2	Athletics Ontario Championships	All Day	@ Windsor University
Sat Aug 3	<u>U14 / U16 / U18</u>		
Sun Aug 4			
** Mon Aug 5	Hamilton PB Night Twilight	6:30 pm	@ Hamilton

There could be meets added to the schedule as they become available

* = must qualify

** = TBD on number of interested athletes

Please check the [Athletics Ontario website](http://www.athleticsontario.ca) for more details about each meet (www.athleticsontario.ca) or

Trackie (www.trackie.com) trackiereg for all meet info regarding individual meets and events