



Legion Nationals: An opportunity to host youth sports!

The Royal Canadian Legion National Headquarters invites bids from municipalities interested in hosting the Legion National Youth Track & Field Championships in August of 2028 and 2029.

Hosting these Championships offers a unique opportunity to shine a spotlight on the city, showcasing its hospitality, community spirit, and top-tier athletics venue. This event, now in its 47th year, brings together enthusiastic young athletes from across the country—many of whom are tomorrow's leaders and future stars of Canadian sport.

The Legion National Championships support competition among accomplished U16 and U18 track and field athletes from across the country. Through preparation and participation, the event also helps develop confidence and a better understanding of the diversity of like-minded youth in Canada.

Competition events include:

U16 Girls	
Track	Field
80m Hurdles	Long Jump
200m Hurdles	High Jump
1500m Steeplechase	Triple Jump
1500m Race Walk	Discus (1kg)
100m	Pole Vault
200m	Shot Put (3kg)
300m	Javelin (500gms)
800m	Hammer Throw (3kg)
1200m	
2000m	
4x100m Relay	
1600m Medley Relay	
Pentathlon	

U18 Girls	
Track	Field
100m Hurdles	Long Jump
400m Hurdles	High Jump
2000m Steeplechase	Triple Jump
3000m Race Walk	Discus (1kg)
100m	Pole Vault
200m	Shot Put (3kg)
400m	Javelin (600gms)
800m	Hammer Throw (3kg)
1500m	
3000m	
4x100m Relay	
4x400m Relay	
Heptathlon	





U16 Boys	
Track	Field
100m Hurdles	Long Jump
200m Hurdles	High Jump
1500m Steeplechase	Triple Jump
1500m Race Walk	Discus (1kg)
100m	Pole Vault
200m	Shot Put (4kg)
300m	Javelin (600gms)
800m	Hammer Throw (4kg)
1200m	
2000m	
4x100m Relay	
1600m Medley Relay	
Pentathlon	

U18 Boys	
Track	Field
110m Hurdles	Long Jump
400m Hurdles	High Jump
2000m Steeplechase	Triple Jump
3000m Race Walk	Discus (1.5kg)
100m	Pole Vault
200m	Shot Put (5kg)
400m	Javelin (700gms)
800m	Hammer Throw (5kg)
1500m	
3000m	
4x100m Relay	
4x400m Relay	
Decathlon	

** The Legion championships are open for Para athletics registrations with track and throwing categories to be added to the competition events.*

Each year the Championships attract athletes who in many instances go on to succeed in international, including Olympic, events. This is the only national level competition of its kind in Canada for this age group.

Rooted in the Legion's long history of service to veterans and their families, the event is also a means to highlight and thank the men and women who have fought to give us the freedoms we enjoy today. Each year, a specific military milestone is commemorated as part of the activities, and young competitors learn more about their country's history.

Close to 900 athletes and 100 coaches take part in the Championships, which attract hundreds of local spectators. Results are well shared by traditional and online media. Livestream coverage of some events provides an opportunity for people to enjoy the action, from anywhere!





2028 & 2029 LEGION NATIONALS BID INFORMATION

PAST AND FUTURE HOST CITIES

2026/2027
REGINA, SK

2019
CAPE BRETON, NS

2024/2025
CALGARY, AB

2017/2018
BRANDON, MB

2022/2023
SHERBROOKE, QC



EVENT OVERVIEW

47 YEARS

The Royal Canadian Legion has organized and coordinated the Legion National Youth Track and Field Championships for 47 years in support of Canadian youth and our communities. This national championship gives young Canadians 17 and under a chance to compete against the best, develop confidence, and better understand the diversity of other sports-minded youth across Canada.

NATIONAL YOUTH ATHLETICS PROGRAM

The Legion's national youth athletics program has gone on to see former participants garner both international and Olympic success, including renowned athletes Melissa Bishop, Aaron Brown, Alysha Newman, Dylan Armstrong and Glenroy Gilbert.

A UNIQUE HOSTING OPPORTUNITY

Hosting Legion Nationals offers a unique opportunity to showcase your community, while leaving an athletic legacy to promote your city as a national sporting destination for years to come.

BY THE NUMBERS (ESTIMATED)

900

ATHLETES

200

COACHES

70

COMPETITION
OFFICIALS

300

EVENT
VOLUNTEERS

1,000

FAMILY MEMBERS
AND FRIENDS

1,000

LOCAL
SPECTATORS

75,000 NATIONAL ONLINE REACH



HOST ORGANIZING COMMITTEE REQUIREMENTS

- Minimum 1,500 seat stadium with 8-lane track that includes all necessary field event facilities
- Secondary track or large field for warm-up adjacent to competition stadium
- Dedicated internet connections for live streaming, live results, and attending media
- School dormitory and cafeteria to house 400 subsidized athletes
- Hotel beds for approximately 800+
- Facilities for medical staff
- Hall, auditorium, or similar venue for briefing and to host a 430-person banquet
- Transportation shuttle/service from meet hotels to competition stadium and return
- Established partnership with a local Legion Branch to support hosting the Championships
- Sufficient technical staff and volunteers available to stage the event
- Ability to generate the funds to cover local associated costs

Submissions to host two consecutive years are preferred. The competition dates for 2028 & 2029 are August 11-13, 2028 and August 10-12, 2029. Please send submissions to the Bid Information contact below.

BID INFORMATION

If you have any questions or require additional information about the Royal Canadian Legion National Youth Track and Field Championships, please visit www.legionnationals.ca or contact:

Emily Gentès, National Meet Coordinator
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