

Fixtures 2010 Outdoor Track/Cross Country

Date	Meet	Location
June 5	401 Series #3 Speed River- Middle Distance Inferno, 600, 1500 W, mile M	St. James, Guelph, ON
June 12-13	AO National Standards, National Jr. Multis	TTFC, Toronto, ON
June 19	District C Meet	St. James, Guelph, ON
June 19	RCLDS#3 - 800, 5000, DMR	UWO, London, ON
June 20	YUTC Twilight Meet #2	TTFC, Toronto, ON
June 22	Ontario Masters Championships	Toronto, ON
June 25	RCLDS#4 – 1500m night + 8k road race	UWO, London, ON
July 2-4	Canadian Junior Track and Field Championships	Moncton, NB
July 9-10	RCL Outdoor Championships	Timmins, ON
July 13	YUTC Twilight Meet #3	TTFC, Toronto, ON
July 16	Canadian Masters Championships	TBD
July 20-25	IAAF World Junior Championships	Moncton, NB
July 24-25	AO Bantam/Midget/Youth Championships	London, ON
July 29-August 1	Canadian Track and Field Championships	Toronto, ON
August 3	YUTC Twilight Meet #4	TTFC, Toronto, ON
August 6-8	Canadian Youth Track and Field Championships	Ottawa, ON
August 12-13	Ontario Summer Games/Espoir Championships	Sudbury, ON
August 14-15	AO Junior/Senior Championships	Sudbury, ON
October 3	Taylor Creek 5k Cross-Country	Toronto, ON
October 7-13	XIX Commonwealth Games	Delhi, India
October 16	Canadian 10km Road Race Championships	Toronto, ON
October 16	Ontario Masters Sunnybrook 8k XC Championships	Toronto, ON
November 14	AO XC and Masters 5k XC Championships	Guelph, ON
November 27	Canadian XC Championships	Guelph, ON

For meet events, updates, details, schedule etc. go to <http://www.athleticsontario.ca> then to Calendar of events. Click on the meets to get information.

Local Summer Road Races 2010....just a smattering

Date	Race	Location	Website
June 5	Huron Shore Run 5&10k	Southampton, ON	www.rotaryrun.net
June 20	Go the Distance 3&8k	London, ON	www.londonrunner.ca
June 26	Hanover 5&10k	Hanover, ON	www.playbrucegrey.com
July 1	Duntroon to Staynor 8k	Duntroon, ON	
July 10	Meaford 5k	Meaford, ON	www.mhfoundation.ca
July 23	Summer Nights 5k	London, ON	www.londonrunner.ca
August 2	Shore to Shore 13k	Oliphant to Wiarton, ON	www.wiartonshoretoshorerace.com
August 7	Colleen Lantz Memorial 5&10k	Neustadt, ON	www.run4youth.ca
August 21-22	Simcoe Shore 4 stage 240k Relay	Barrie to Collingwood, ON	http://www.runmsc.com
August 29	10k & half marathon	Owen Sound, ON	www.bayshorerace.com
August TBA	Sauble 8k	Sauble Beach, ON	www.stfc.org
October 23	Autumn Colours 2, 5 & 10k	Owen Sound, ON	