

Setting up your schedule. This can be confusing if you have not been involved but let's go step by step.

1. You already competed in the school championships so that part of the summer is set. You would like to go to Legions meaning you have to qualify by July 11.
  - You should compete on June 18 at UPEI (Athletics PEI provincial championships)
  - You can use results from **June 24/25** and / or **July 2 /3** and / or **July 9 / 10** to qualify for the legion team. You can travel for one day to these meets.
  - You should compete on July 23/24 at the Atlantic Championships
  - You should try to compete every 2 weeks – we may have twilight meets that you can attend
  - You should challenge yourself – compete against top athletes in NS and NB before Legions
  - Where are the rest of the team going? Do I work? Transportation?

Week #	Date	Meet	Pros and Cons	Compete?
1	May 20-27	Zone meets		Yes
2	June 3 / 4	School provincials		Yes
3	June 11			
4	June 18	Athletics PEI Championships		Yes
4	June 19	NB Outdoor Championships - Rexton	Day after APEI meet	
4	June 22	Aileen Meagher – St Mary's Halifax	Invitation only	
5	June 24/25	East Coast Games – St John	Track events Friday – 5:30 start. Field events Saturday 9:am start	
5	June 29	Twilight meet – St John		
6	July 2/3	NS Provincials – Beazley Field Dartmouth	1 pm Start on Saturday Track and field events both days 4 x 100 relays Sat eve	
6	July 6	Twilight meet - Moncton		
7	July 9/10	Performance meet – Moncton		
7	July 9/10	Antigonish Highland Games		
7	July 9/10	NB Legion Championships – Moncton		
7	July 7-10	Canadian Jr/Sr Championships – Edmonton		
8	July 16	Hub City Classic – Moncton		
9	July 23/24	Atlantics St John		Yes
10	July 30/31			
11	Aug 5 – 7	Legion or Espoir		Yes

2. The Antigonish Highland Games and the NB Legion championships are historically good meets; both are held on good facilities and should have good competition. We will discuss who is going to which meet on Saturday June 18. The performance meet in Moncton refers to events for athletes over Legion age.