

# LEGION NATIONALS

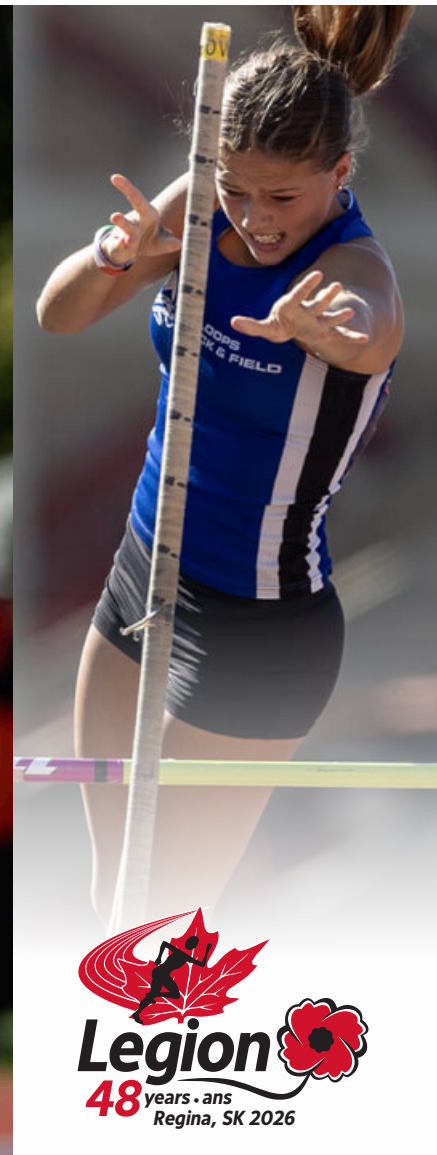
## Canadian Youth Track & Field Championships

August 7-9, 2026 | Regina, SK

[legionnationals.ca](http://legionnationals.ca)



Photos: Stephen J. Thorne/Legion Magazine



The Championships bring together over 1,000 athletes from across the country to compete in Canada's only U16 and U18 National Track and Field Championships.

To qualify, there are two streams for Quebec athletes:

### A) LEGION TEAM ATHLETE (full Legion Team dates August 5 through 11, 2026)

**1** Compete in a qualifying meet:  
June 6-7 – RSEQ Provincial Championships  
June 14 - Coupe Jeunesse #1, Sherbrooke  
July 4-5 – Coupe Jeunesse #2, Rimouski

**2** Achieve Standard

**3** Be selected for Team QC and compete at Legion Nationals

### B) OPEN ATHLETE

**1** Compete in a qualifying event sanctioned by Athletics Canada.

**2** Achieve qualifying entry standards identified in the Technical Manual (No standard required for para athletes).

**3** Register for Legion Nationals online at [www.legionnationals.ca](http://www.legionnationals.ca) from June 1 to July 26, 2026.