

2026 Nova Scotia Legion Team Selection Criteria
Nova Scotia/Nunavut Command
 Updated: July 6th, 2026



1)Team Standards

2026 Legion Team Standards			
U16			
	Female		Male
	2026		2026
100m	12.64	100m	11.46
200m	25.91	200m	23.40
300m	41.62	300m	37.15
400m	58.89	400m	52.16
800m	02:18.33	800m	02:03.06
1200m	03:37.82	1200m	03:18.57
1500m	04:38.81	1500m	04:19.28
2000m	06:34.62	2000m	06:02.87
3000m	10:15.61	3000m	09:27.62
1500mSC (76cm)	05:07.09	1500mSC (76cm)	04:43.37
1500m RW	08:20.32	1500m RW	07:50.00
80mH (76cm)	12.50	100mH (84cm)	14.54
200mH(76cm)	29.71	200mH(76cm)	26.92
Long Jump	5.19	Long Jump	6.24
Triple Jump	10.72	Triple Jump	12.33
High Jump	1.56	High Jump	1.77
Pole Vault*	2.85	Pole Vault*	3.30
Shot Put (3kg)	11.51	Shot Put (4kg)	13.75
Shot Put (4kg)	9.97	Shot Put (5kg)	12.30
Discus (1kg)	29.08	Discus (1kg)	44.65
Discus (750g)	33.58	Discus (1.5kg)	36.46
Hammer (3kg)	40.47	Hammer (4kg)	41.86
Javelin (500g)	32.16	Javelin (600g)	45.16
Javelin (400g)	35.96	Javelin (700g)	41.81
Pentathlon	2687	Pentathlon	2449

U18			
	Female		Male
	2026		2026
100m	12.33	100m	11.09
200m	25.29	200m	22.44
400m	57.78	400m	49.96
800m	02:15.98	800m	01:56.17
1500m	04:40.46	1500m	4:04.57
3000m	10:06.81	3000m	08:59.65
2000mSC (76cm)	07:11.68	2000mSC(84cm)	06:16.27
3000m RW	17:20.96	3000m RW	16:16.68
100mH (76cm)	14.89	110mH (91cm)	15.08
400mH (76cm)	64.66	400mH (84cm)	57.16
Long Jump	5.45	Long Jump	6.61
Triple Jump	11.23	Triple Jump	13.59
High Jump	1.59	High Jump	1.89
Pole Vault*	3.10	Pole Vault*	3.80
Shot Put (3kg)	13.10	Shot Put (5kg)	14.77
Shot Put (4kg)	11.34	Shot Put (6kg)	13.48
Discus (1kg)	35.25	Discus (1.5kg)	45.16
Hammer(3kg)	49.97	Discus (1.75kg)	41.81
Javelin (500g)	40.47	Hammer (5kg)	50.89
Javelin (600g)	36.94	Javelin (700g)	54.27
Heptathlon	3951	Javelin (800g)	50.76
		Decathlon*	5439

***Athletes looking to compete in the decathlon or pole vault should contact the Technical Director immediately at athleticstd@sportnovascotia.ca**

*** Equivalent Standards for SSNS Provincial Championship only**

2) Athlete eligibility:

a. All athletes must meet competitor eligibility requirements as established by the National Legion Track and Field Program.

b. Athletes must be an Athletics Nova Scotia member on the date a performance was achieved for that performance to be considered during the selection process. Performances from the 2026 SSNS High School Provincial Championships or other provincial or equivalent state high school championship meets will be accepted if the athlete is an Athletics NS member by June 15th, 2026. The 2026 Legion Team Selection Committee will determine the eligibility of meets outside of Nova Scotia or Canada.

c. Athletes must be an Athletics Nova Scotia member by the registration deadline for the 2026 Legion Selection Meet.

d. Athletes must submit a Legion Team Application, via the online application form, by 7pm on the final day of the 2025 Legion Team Selection Meet.

- i. Athletes must meet the age requirements (be born between 2009 and 2013 inclusive).
- ii. Athletes must submit proof of age with the Legion Application Form.

e. All athletes must compete at the 2026 Legion Selection Meet as an Athletics Nova Scotia member to be eligible for the 2026 Legion Team, except for extraordinary circumstances such as but not limited to an athlete competing at a higher level, out-of-province event at the same time. Athletes who have been exempt from trials will be publicized along with the final meet schedule to be released after the entry deadline. *Please note that athlete exemption does not guarantee selection. Athletes exempt from trials will be placed in selection Category i provided their best result ranks them first or second in the event*

To be eligible for exception, the following must occur:

- i. The athlete must apply for exemption as soon as the conflict with trials is known, submitted to the Athletics Nova Scotia.
 - ii. The application will be reviewed by the 2026 Legion Team Selection Committee and that committee will make a recommendation. This decision is final.
 - lii. The decision will be presented to the athlete within five days of submission of the exemption application
 - iv. This decision will be communicated to the Athletics NS membership, before the start of the Legion Selection Meet, by the Athletics NS Executive Director.
- f. The athlete must remain competition ready. Injury following fulfillment of these criteria may result in de-selection should it preclude readiness for competition at the 2025 National Legion Meet.
- i. Athletes are expected to share information regarding injury to the Legion Team Coaching Staff, who will consult with all Legion Team staff and act appropriately.
 - ii. Final determination will be made by the 2025 Legion Team Selection Committee upon receiving recommendation from the Legion team coaching staff based on reasonable expectation of readiness to compete at the 2025 National Legion Meet.

3) Performance qualification:

- a. All performances for all events must be attained at meets sanctioned by Athletics Nova Scotia, another Athletics Canada Provincial/Territorial branch, or other World Athletics bodies with the exception of the SSNS championships.
- b. The qualifying period for each event begins on **March 1, 2026 and ends at the completion of the event at the 2026 Nova Scotia Legion Selection Meet**. Only performances achieved outdoors during this period are eligible for consideration.
- c. In events requiring wind readings, performances up to 3.0m/s will be considered. These athletes will only be eligible to be ranked in groups iv, v and vi. Performances above 3.0m/s will not be considered.
- d. *“Event equivalent standards” will ONLY be used from the SSNS championships (example: the SSNS 1500m times will qualify for the Legion 1200m because there is no 1200m in the SSNS). In all other cases, only performances in the Legion events will be considered for team selection. This also applies to the throws implement weights.*

4) Team Selection Process

- a. A maximum of two athletes per individual event will be selected to the Legion Team.
- b. A maximum of 38 athletes will be named to the Legion Team.
 - i. A maximum of 25 male athletes will be named to the Legion Team
 - ii. A maximum of 25 female athletes will be named to the Legion Team
 - iii. A maximum of 25 U16 athletes will be named to the Legion Team.
 - iv. A maximum of 25 U18 athletes will be named to the Legion Team.

5) Individual Athlete Selection Process

a. Each event that an eligible athlete has applied for on their Legion Team application form will constitute an event application.

b. Each event application will be placed in one of the six selection criteria groups as defined below.
Selection Criteria Groups

i. The first selection criteria group will be comprised of event applications in which the athlete has been granted exemption from competing at the Legion Selection Meet (see 2.e.) and whose best eligible performance, submitted by the end of the 2026 Legion Selection Meet, ranks them first or second in that event against other event applicants.

ii. The second selection criteria group will be comprised of event applications in which the athlete has won the event at the 2026 Legion Selection Meet and has achieved that event's A Standard within the qualifying period.

iii. The third selection criteria group will be comprised of event applications in which the athlete has finished second in the event at the 2026 Legion Selection Meet and has achieved that event's A Standard within the qualifying period.

iv. The fourth selection criteria group will be comprised of event applications in which the athlete has won the event at the 2026 Legion Selection Meet and has achieved that event's A Standard within the qualifying period with an illegal wind reading up to 3.0m/s.

v. The fifth selection criteria group will be comprised of event applications in which the athlete has finished second in the event at the 2026 Legion Selection Meet and has achieved that event's A Standard within the qualifying period with an illegal wind reading up to 3.0m/s.

vi. The sixth and final selection criteria group will be comprised of all remaining event applications that will be ranked in order based on the performance's percentage from the "A" standard.

c. The event application order will be determined by two factors:

- i. All event applications in lower numbered selection criteria groups will be considered before any event applications in higher numbered selection criteria groups.
- ii. Within the selection criteria groups, event applications will be ordered based on the performance's percentage from the "A" standard. Percentage from standard is calculated as indicated: $(\text{Performance} - \text{Standard}) / \text{Standard}$.
- iii. In the event of a tie, the athlete's next best performance will be used. If still tied, head to head performance will be used, if applicable, as well as trials placing.

d. The selection committee will review, in order, each event application until the team complement is reached.

i. For each event application the selection committee will determine if any of the following conditions have been met. If any of these conditions have been met the athlete cannot be selected in that event and the committee will move to the next event application. If none of these conditions have been met the athlete will be named to the team in that event:

ii. The event has been filled to capacity

iii. The team complement for the athlete's gender has been filled to capacity

iv. The team complement for the athlete's age class has been filled to capacity

v. The team has been filled to capacity

e. Each event application can only qualify an athlete for the specific event indicated on the event application.

i. For the 4x100m, event applications for the 100m and 200m will be used to fill the 4x100m. Athletes selected in the 100m and 200m will be named to one of the four 4x100m relay positions. Any remaining positions will be filled by the team staff from athletes already selected to the team. Athletes will not be selected only to participate in a relay team. Athletes must be selected in an individual event to be considered. Final decisions on relay participation are at the discretion of the Head Coach.

ii. For the 4x400m, event applications for the 400m and 400mH will be used to fill 4x400m to a maximum of four athletes. Remaining spots will be filled by the team staff from athletes already selected to the team. Athletes will not be selected only to participate in a relay team. Athletes must be selected in an individual event to be considered. Final decisions on relay participation are at the discretion of the Head Coach.

iii. Athletes will not be named to the Legion Team for the 1600m medley relay. The relay members will be named by the coaching staff from already selected members of the Legion Team after all 38 athletes have been named to the Legion Team. Final decisions of relay participation are at the discretion of the Head Coach.

f. Previous reports on an athlete's behavior in Athletics NS sanctioned meets and on team trips will be considered during the selection process. The 2026 Legion Team Selection Committee reserves the right to deny an athlete selection to the team or to remove an athlete from the team based on these reports.

6) Athlete Commitment

a. The Legion Team Program has four components. Attendance at each is mandatory. Athletes applying to be on the Legion team must commit to the following four dates:

i. July 11-12, 2026 - Legion Team Trials – Dartmouth, NS

ii July 25-26, 2026 – Atlantic Championships – Truro, NS

iii. August 5-11: National Legion Track and Field Meet, Regina, SK - team fee required. Athletes **must** stay with the team till the conclusion of the events on Monday, the 10th.

b. All athletes must travel to the National Legion Championships on team transportation. Parents may provide alternate transportation arrangements after the meet, with a signed waiver.

Appeal Process

1. The athlete or designate must appeal in writing within 24 hours of announced team selection to Athletics Nova Scotia. For all formal appeals, there is a \$50 appeals fee that is to be submitted to Athletics NS. This fee will be refunded in the event that the appeal is granted.
2. The athlete or designate can have the opportunity to meet with the Appeals Committee to state a position of appeal (if required). The athlete or designate will then have their appeal reviewed by an Appeals Committee and a decision will be made within 24 hours of meeting.
3. If the judgment of the Appeal Committee does not meet with the satisfaction of the athlete or designate their appeal can be reviewed by a sport arbitrator where a final decision is rendered.

An appeal will only be heard if there is sufficient grounds for an appeal. These may include:

- a) making a decision for which the selection committee did not have authority;
- b) failure to follow procedures;
- c) making a decision which was influenced by bias;
- d) failing to consider relevant information or taking into account irrelevant information in making the decision;
- e) making a decision which was unreasonable;
- f) making a statistical error.

Amendment History	
Date	Change
April 1st	Posted
July 6th	Corrected U16 Male steeplechase and 200mH height errors