

Alberta Indoor Track and Field Championships -- Saturday Schedule

MST	Track Events
8:00	50m Timed Finals - Tyke Boys
	50m Timed Finals - Pee Wee Boys
8:15	150m Timed Finals - Pee Wee Girls
9:00	50m Timed Finals - Tyke Girls
	50m Timed Finals - Bantam Boys
9:30	150m Timed Final - Bantam Girls
10:00	400m Timed Final - Tyke Boys
	400m Timed Final - Tyke Girls
10:10	600m Timed Final - Bantam Girls
10:20	300m Timed Final - Under-16 Women
11:05	1000m Timed Final - Pee Wee Boys
	1000m Timed Final - Pee Wee Boys
11:21	1200m Timed Final - Bantam Boys
11:35	200m Timed Final - Masters Women
	200m Timed Final - Masters Men
	200m Timed Final - Paralympic/Special O Men
11:50	300m Timed Final - Under-16 Men
	300m Timed Final - Under-18 Women
	300m Timed Final - Paralympic/Special O Women
	300m Timed Final - Paralympic/Special O Men
12:45	BREAK
13:30	60m Hurdles Heats - Masters Women and Men
	60m Hurdles Heats - Under-16 Women
	60m Hurdles Heats - Under-18 Women
	60m Hurdles Heats - Under-20 Women
	60m Hurdles Heats - Senior Women
14:00	60m Hurdles Heats - U16 Men
	60m Hurdles Heats - Under-18 Men
	60m Hurdles Heats - Under-20 Men
	60m Hurdles Heats - Senior Men
14:25	1000m Timed Finals - Under-18 Women
	1000m Timed Finals - Under-20 Women
	1000m Timed Finals - Senior Women
	1000m Timed Finals - Masters Women

MST	Field Events	Age Group and Gender	Location	H:MM Needed
8:00	Standing LJ	Tyke Girls (10)	SW Corner	0:20
	Long Jump	Bantam Girls Flight 1 (20)	Infield Pit	1:05
	Long Jump	Bantam Girls Flight 2 (20)	Wall Pit	1:05
	Shot Put	Bantam Boys (23)	Infield Circle	1:20
9:00	Standing LJ	Pee Wee Girls (29)	SW Corner	0:50
	MedBall	Tyke Boys (9)	West Circle	
9:30	Shot Put	Pee Wee Boys (35)	Infield Circle	2:05
10:00	High Jump	U16 - Women (18)	West Pit	3:20
	Pole Vault	Women (15)		

11:00	Long Jump	U16 Mens (24)	Infield Pit	2:25
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13:30	Long Jump	U18 Men (13)	Wall Pit	1:30
	High Jump	U20, Open, Masters Men (3)	West Pit	0:50
	Shot Put	U18, U20, Open Men (8)	Infield Circle	1:05
	Shot Put	Paralympic and Special Olympic (6)	West Circle	

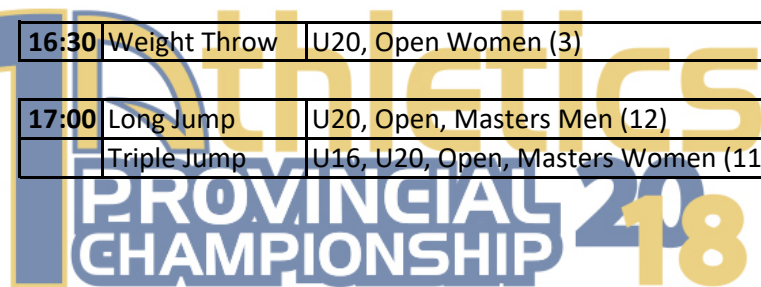
14:30	Shot Put	U16 Men (13)	Infield Circle	1:30
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MST	Track Events
14:40	1000m Timed Finals - Under-18 Men
	1000m Timed Finals - Masters Men
	1000m Timed Finals - Under-20 Men
	1000m Timed Finals - Senior Men
15:30	60m Hurdles Final - Under-20 Men
	60m Hurdles Final - Senior Men
	60m Hurdles Final - Under-18 Men
	60m Hurdles Final - Under-16 Men
15:45	60m Hurdles Final - Under-20 Women
	60m Hurdles Final - Senior Women
	60m Hurdles Final - Under-18 Women
	60m Hurdles Final - Under-16 Women
	60m Hurdles Final - Masters Women and Men
16:10	Race Walk 1500m - Under-16 Men
16:21	Race Walk 3000m - Women
	Race Walk 3000m - Men
17:15	2000m Timed Finals - Under-16 Women
	2000m Timed Finals - Under-16 Men
17:35	3000m Timed Finals - Under-18 Women
	3000m Timed Finals - Under-20 Women
	3000m Timed Finals - Senior Women
17:50	3000m Timed Finals - Under-18 Men
	3000m Timed Finals - Masters Men
18:07	3000m Timed Finals - Under-20 Men
	3000m Timed Finals - Senior Men
18:20	300m Timed Final - Under-18 Men
	300m Timed Final - Under-20 Women
	300m Timed Final - Under-20 Men
19:15	300m Timed Final - Senior Women
	300m Timed Final - Senior Men
19:35	300m Timed Final - Masters Women
	300m Timed Final - Masters Men
19:40	End of Day's Competiton

MST	Field Events	Age Group and Gender	Location	H:MM Needed
15:00	Triple Jump	U18 Women (5)	Infield Pit	0:55
15:30	High Jump	U18 Men (8)	West Pit	1:20
	Weight Throw	U16, U18, Masters Women (6)	Infield Circle	0:50
	Shot Put	Masters Men (4)	West Circle	0:35
16:30	Weight Throw	U20, Open Women (3)	Infield Circle	0:25
17:00	Long Jump	U20, Open, Masters Men (12)	Wall Pit	1:40
	Triple Jump	U16, U20, Open, Masters Women (11)	Infield Pit	2:00



Alberta Indoor Track and Field Championships -- Sunday Schedule

MST	Track Events
8:00	50m Timed Finals - Tyke Boys
	50m Timed Finals - Pee Wee Girls
8:15	150m Timed Finals - Pee Wee Boys
9:00	50m Timed Finals - Tyke Girls
9:40	50m Timed Finals - Bantam Girls
10:00	150m Timed Final - Bantam Boys
10:15	400m Timed Final - Tyke Boys
	400m Timed Final - Tyke Girls
10:30	600m Timed Final - Pee Wee Boys
	600m Timed Final - Pee Wee Girls
	600m Timed Final - Bantam Boys
10:55	1200m Timed Final - Bantam Girls
11:20	60m Heats - Under-16 Women
	60m Heats - Under-16 Men
11:50	60m Heats - Under-18 Women
	60m Heats - Under-18 Men
12:20	60m Heats - Under-20 Women
	60m Heats - Under-20 Men
12:35	60m Final - Paralympic/Special O Women
	60m Final - Paralympic/Special O Men
	BREAK
12:45	1200m Timed Finals - Under-16 Women
13:45	1200m Timed Finals - Under-16 Men
	1500m Timed Finals - Under-18 Women

MST	Field Events	Age Group and Gender	Location	H:MM Needed
8:00	Long Jump	Bantam Boys (24)	Infield Pit	1:20
	MedBall	Tyke Girls (7)	West Circle	
	Shot Put	Bantam Girls (45)	Infield Circle	2:40
9:00	Standing LJ	Tyke Boys (11)	SW Corner	0:20
	Shot Put	Pee Wee Girls (26)	West Circle	1:30
9:30	Standing LJ	Pee Wee Boys (30)	SW Corner	0:55

10:00	Long Jump	U16 Women Flight 1 (18)	Wall Pit	1:30
		U16 Women Flight 2 (18)	Infield Pit	1:55
	High Jump	U18 Women (4)	West Pit	0:40
	Pole Vault	Men (12)		



13:00	Long Jump	U18 Women (21)	Wall Pit	2:10
	High Jump	U20, Open, Masters Women (7)	East Pit	1:10
	High Jump	U16 Men (6)	West Pit	1:10
	Shot Put	U18, U20, Open Women (16)	Infield Circle	2:10

14:00	Shot Put	U16, Masters Women (18)	West Circle	2:10
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Alberta Indoor Track and Field Championships -- Sunday Schedule

MST	Track Events
14:15	1500m Timed Finals - Masters Women
	1500m Timed Finals - Under-20 Women
14:25	1500m Timed Finals - Senior Women
	1500m Timed Finals - Under-18 Men
	1500m Timed Finals - Masters Men
	1500m Timed Finals - Under-20 Men
14:50	1500m Timed Finals - Senior Men
	60m Heats - Senior Men
15:15	600m Timed Finals - Under-16 Women
15:30	600m Timed Finals - Under-16 Men
	600m Timed Finals - Under-18 Women
15:50	600m Timed Finals - Under-18 Men
	600m Timed Finals - Under-20 Women
16:10	600m Timed Finals - Under-20 Men
	600m Timed Finals - Senior Women
16:35	600m Timed Finals - Senior Men
	60m Final - Under-16 Women (A/B/C)
	60m Final - Under-16 Men (A/B)
16:55	60m Final - Under-18 Women (A/B/C)
	60m Final - Under-18 Men (A/B)
17:10	60m Final - Under-20 Women
	60m Final - Under-20 Men (A/B)
17:20	60m Final - Senior Women
	60m Final - Senior Men
	60m Final - Masters Women
	60m Final - Masters Men
17:35	End of Day's Competiton

MST	Field Events	Age Group and Gender	Location	H:MM Needed
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15:00	Long Jump	U20, Open, Masters Women (14)	Wall Pit	1:55
	Triple Jump	U16, U18, U20, Open, Masters Men (12)	Infield Pit	2:15
15:15	Weight Throw	U16, U18, U20, Open, Masters Men (9)	Infield Circle	1:15

