



Alberta Indoor Track and Field Championships -- Saturday Schedule

<b>MST</b>	<b><u>Track Events</u></b>
<b>14:40</b>	1000m Timed Finals - Under-18 Men
	1000m Timed Finals - Masters Men
	1000m Timed Finals - Under-20 Men
	1000m Timed Finals - Senior Men
<b>15:30</b>	60m Hurdles Final - Under-20 Men
	60m Hurdles Final - Senior Men
	60m Hurdles Final - Under-18 Men
	60m Hurdles Final - Under-16 Men
<b>15:45</b>	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
<b>16:10</b>	Race Walk 1500m - Under-16 Men
<b>16:21</b>	Race Walk 3000m - Women
	Race Walk 3000m - Men
<b>17:15</b>	2000m Timed Finals - Under-16 Women
	2000m Timed Finals - Under-16 Men
<b>17:35</b>	3000m Timed Finals - Under-18 Women
	3000m Timed Finals - Under-20 Women
	3000m Timed Finals - Senior Women
<b>17:50</b>	3000m Timed Finals - Under-18 Men
	3000m Timed Finals - Masters Men
<b>18:07</b>	3000m Timed Finals - Under-20 Men
	3000m Timed Finals - Senior Men
<b>18:20</b>	300m Timed Final - Under-18 Men
	300m Timed Final - Under-20 Women
	300m Timed Final - Under-20 Men
<b>19:15</b>	300m Timed Final - Senior Women
	300m Timed Final - Senior Men
<b>19:35</b>	300m Timed Final - Masters Women
	300m Timed Final - Masters Men
<b>19:40</b>	<b>End of Day's Competiton</b>

<b>MST</b>	<b><u>Field Events</u></b>	<b><u>Age Group and Gender</u></b>	<b><u>Location</u></b>	<b><u>H:MM Needed</u></b>
<b>15:00</b>	Triple Jump	U18 Women (5)	Infield Pit	0:55
<b>15:30</b>	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
<b>16:30</b>	Weight Throw	U20, Open Women (3)	Infield Circle	0:25
<b>17:00</b>	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
	<b>BREAK</b>
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
<b>14:15</b>	1500m Timed Finals - Masters Women
	1500m Timed Finals - Under-20 Women
<b>14:25</b>	1500m Timed Finals - Senior Women
	1500m Timed Finals - Under-18 Men
	1500m Timed Finals - Masters Men
	1500m Timed Finals - Under-20 Men
<b>14:50</b>	1500m Timed Finals - Senior Men
	60m Heats - Senior Men
<b>15:15</b>	600m Timed Finals - Under-16 Women
<b>15:30</b>	600m Timed Finals - Under-16 Men
	600m Timed Finals - Under-18 Women
<b>15:50</b>	600m Timed Finals - Under-18 Men
	600m Timed Finals - Under-20 Women
<b>16:10</b>	600m Timed Finals - Under-20 Men
	600m Timed Finals - Senior Women
<b>16:35</b>	600m Timed Finals - Senior Men
	60m Final - Under-16 Women (A/B/C)
	60m Final - Under-16 Men (A/B)
<b>16:55</b>	60m Final - Under-18 Women (A/B/C)
	60m Final - Under-18 Men (A/B)
<b>17:10</b>	60m Final - Under-20 Women
	60m Final - Under-20 Men (A/B)
<b>17:20</b>	60m Final - Senior Women
	60m Final - Senior Men
	60m Final - Masters Women
	60m Final - Masters Men
<b>17:35</b>	<b>End of Day's Competiton</b>

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

