

ROYAL CANADIAN LEGION DISTRICT H TRACK MEET – FINAL SCHEDULE

9:45 OPENING CEREMONIES

NOTE: Athletes competing in Pentathlon, Heptathlon or Octathlon will compete in the age group individual events throughout the day and a score will be generated at the end of the day.

| TIME | TRACK EVENT | AGE GROUP | TIME | FIELD EVENTS | AGE GROUPS | PIT # |
|-------|---|--|--------------|--------------------------|--------------------------|-----------|
| 10:15 | 2000 METERS | F15, M15 | 10:15 | HIGH JUMP JAVELIN | F 11/F13 F 15/F17 | 1 9 |
| | 3000 METERS | F17, M17 | | TRIPLE JUMP LONG JUMP | F 15/F17 M 15/M17 | 3 6 |
| | 200 HURDLES | F15, M15 (30", 0.762m) | | SHOT PUT HAMMER THROW | ALL MALES ALL FEMALES | 7 CAGE |
| | 400 HURDLES | F17 (30" 0.762m), M17 (33" 0.84cm) | 11:30 | HIGH JUMP LONG JUMP | M 11/M 13 F 15/ F17 | 1 6 |
| | 800 METERS | F11, M11 F13, M13 F15, M15 F17, M17 | | TRIPLE JUMP SHOT PUT | M 15/M17 ALL FEMALES | 3 7 |
| | 200 METERS | F11, M11 F13, M13 F15, M15 F17, M17 | | JAVELIN HAMMER THROW | M 15/M 17 ALL MALES | 9 CAGE |
| | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | |
| 1:15 | 80 HURDLES | F15 (30" 0.762m) | 1:00 | DISCUS | M15 /M17 | CAGE |
| | 100 HURDLES | F17 (30" 0.762m) M15 (33", 0.84m) | | LONG JUMP | M11 M13 | 6 |
| | 110 HURDLES | M17 (36", 0.91m) | | | | |
| | 1500 M STEEPLECHASE NO WATER, first barrier past finish line | F15, M15 (30" 0.762m barriers) | | HIGH JUMP | F15/F17 | 1 |
| | 2000 M STEEPLECHASE First barrier near 200m start, Water on first lap | F 17 (30" 0.762m) M 17 (33" 0.84m) | | POLE VAULT | ALL | 2 |
| | 100 METERS | F11, M11 F13, M13 F15, M15 F17, M17 | | TRIPLE JUMP | F 11/F13 | 3 |
| | 300 METERS | F11, M11 F13, M13 F15, M15 | 2:30 | TRIPLE JUMP | M11/M13 | 3 |
| | 400 METERS | F 17, M 17 | | DISCUS | F 15 / F 17 | CAGE |
| | 1200 METERS | F11, M11 F13, M13 F15, M15 | | HIGH JUMP | M 15 /M 17 | 1 |
| | 1500 METERS | F 17/M 17 | | LONG JUMP | F 11 F 13 | 6 |