

**2018 CANADIAN LEGION ONTARIO COMMAND TRACK & FIELD CHAMPIONSHIPS July 5 revised**

**FRIDAY, JULY 13TH**

TIME	TRACK	AGE GROUP	ROUND	TIME	FIELD EVENT	AGE GROUP
3:00 PM	100 m	<b>OCT M17</b>		3:00 PM	Hammer	F15 - F17
3:15 PM	80 mH	F15	Heats		High Jump	F15
	100 mH	<b>HEP F17</b>			Triple Jump	F17
	100 mH	F17 - M15	Heats		Javelin	M17
	110 mH	M17	Heats	3:45 PM	High Jump	<b>HEP F17</b>
					Long Jump	<b>OCT M17</b>
4:00 PM	1500 SC	F15 - M15	Timed Finals			
4:20 PM	2000 SC	F17 - M17	Timed Finals			
				4:30 PM	Hammer	M15 - M17
4:45 PM	80 mH	F15	Finals		Shot Put	<b>OCT M17</b>
	100 mH	F17 - M15	Finals		Triple Jump	M17
	110 mH	M17	Finals			
5:15 PM	300 m	F15 - M15	Timed Finals	5:00 PM	High Jump	M15
	400 m	F17 - M17	Timed Finals	5:15 PM	Shot Put	<b>HEP F17</b>
5:45 PM	1200 m	F15 - M15	Timed Finals		Javelin	F17
	1500 m	F17 - M17	Timed Finals		Long Jump	F15
6:30 PM	200 m	<b>HEP F 17</b>				
	400 M	<b>OCT M17</b>				

**SATURDAY JULY 14TH**

**8:45 AM OPENING CEREMONIES - ALL ATHLETES TO ATTEND**

TIME	TRACK	AGE GROUP	ROUND	TIME	FIELD EVENT	AGE GROUP
9:00 AM	80 m H	<b>PENT F15</b>		9:00 AM	Long Jump	M15
	100 mH	<b>PENT M15</b>			Triple Jump	F15
	110 mH	<b>OCT M17</b>			Discus	M15
9:30 AM	100 m	F15 - M15	Heats		Shot Put	F17
	100 m	F17 - M17	Heats	9:30 AM	Pole Vault	M15 - M17
10:15 AM	2000 m	F15 - M15	Finals	10:00 AM	High Jump	<b>PENT F15</b>
10:30 AM	3000 m	F17 - M17	Finals		High Jump	<b>OCT M17</b>
11:00 AM	100 m	F15 - M15	Finals		Long Jump	<b>PENT M15</b>
11:10 AM	100 m	F17 - M17	Finals	10:15 AM	Discus	F15
11:20 AM	800 m	F15 - M15	Timed Finals		Shot Put	M17
11:40 AM	800 m	F17 - M17	Timed Finals		Long Jump	F17
					Javelin	M15
					Long Jump	<b>HEP F17</b>
LUNCH BREAK ON THE TRACK				11:45 AM	Long Jump	M17
					Discus	M17
					Shot Put	F15
					Shot Put	<b>PENT M15</b>
1:00 PM	200 mH	F15 - M15	Timed Finals	12:30 PM	High Jump	F17
	400 mH	F17 - M17	Timed Finals		Shot Put	<b>PENT F15</b>
1:30 PM	1500m RW	F15 - M15	Timed Finals		Javelin	<b>OCT M17</b>
	3000m RW	F17 - M17	Timed Finals		Javelin	<b>HEP F17</b>
2:00 PM	200 m	F15 - M15	Timed Finals	1:00 PM	Pole Vault	F15 - F17
2:20 PM	200 m	F17 - M17	Timed Finals	1:30 PM	High Jump	<b>PENT M15</b>
2:45 PM	800m	<b>PENT F15</b>			Long Jump	<b>PENT F15</b>
	800m	<b>HEP F17</b>			Discus	F17
3:00 PM	1000m	<b>PENT M15</b>			Shot Put	M15
	1000m	<b>OCT M17</b>		2:00 PM	High Jump	M17
					Triple Jump	M15
					Javelin	F15