



## uOttawa High School Invitational

Friday, May 3<sup>rd</sup>, 2019

Terry Fox Athletic Facility, Mooney's Bay Park, Ottawa

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### Final Schedule

\*We will run up to 30min ahead of schedule if possible

\*COACHES MEETING @10:45am under the timing tower

#### Track Events:

11:15am	300m Hurdles (30") – Open Girls (no blocks)	3 Sections
	300m Hurdles (33") – Open Boys (no blocks)	Sections
11:30am	4x100m Relay – MG/MB	2/1 Sections
	4x100m Relay – JG/JB	1/2 Section
	4x100m Relay – SG/SB	1/1 Sections
12:05pm	1500m – MG/MB	1/1 Sections
	1500m – JG/JB	1/2 Sections
	1500m – SG/SB	1/1 Section
12:55pm	400m – MG/MB (no blocks)	4/4 Sections
	400m – JG/JB (no blocks)	3/3 Sections
	400m – SG/SB (no blocks)	2/5 Sections
1:25pm	100m Prelims – MG/MB (no blocks)	6/5 Sections
	100m Prelims – JG/JB (no blocks)	3/6 Sections
	100m Prelims – SG/SB (blocks or 4pt)	2/6 Sections
	*8 Fastest times to final	
1:50pm	Sprint Hurdles (80m/30") – MG/JG (no blocks)	3/1 Sections
	Sprint Hurdles (100m/30") – SG (blocks or 4pt)	2 Section
	Sprint Hurdles (100m/33") – MB (no blocks)	1 Section
	Sprint Hurdles (100m/36") – JB (no blocks)	2 Section
	Sprint Hurdles (110m/36") – SB (blocks or 4pt)	2 Section
2:10pm	100m Finals – MG/MB (no blocks)	1/1 Sections
	100m Finals – JG/JB (no blocks)	1/1 Sections
	100m Finals – SG/SB (blocks or 4pt)	1/1 Sections
2:25pm	3000m – Open Girls	1 Section
2:40pm	3000m – Open Boys	1 Section
3:00pm	Medley Relay (400, 200, 200, 800) – Open Girls	1 Section
	Medley Relay (400, 200, 200, 800) – Open Boys	1 Section

