

BC ATHLETICS 2019 TRACK AND FIELD JAMBOREE
U16, U18, U20, SENIOR, PARA & COMBINED EVENTS
TENTATIVE TRACK & COMBINED EVENTS SCHEDULE (May 19, 2019)

FRIDAY JULY 5, 2019

TRACK

5:30 pm	300m Semi Finals	Women U16	
5:45 pm	300m Semi Finals	Men U16	
6:00 pm	400m Semi Finals	Women U18	
6:15 pm	400m Semi Finals	Men U18	
6:30 pm	400m Semi Finals	Women U20	
6:45 pm	400m Semi Finals	Men U20	
7:00 pm	400m Semi Finals	Women Sr.	
7:15 pm	400m Semi Finals	Men Sr.	
7:30 pm	1500m SC	Women U16	
7:40 pm	1500m SC	Men U16	
7:50 pm	2000m SC	Women U18	
8:00 pm	3000m SC	Women U20, Sr.	
8:20 pm	2000m SC	Men U18	
8:30 pm	3000m SC	Men U20, Sr.	
8:40 pm	5000m Final	Women U20, Sr.	
9:00 pm	5000m Final	Men U20, Sr.	

SATURDAY JULY 6, 2019

TRACK

9:00 am	80mH Pent	Women U16	
9:05 am	80mH Semi Finals	Women U16	
9:15 am	100mH Hep	Women U18,U20,Sr.	
9:20 am	100mH Semi Finals	Women U18	
9:30 am	100mH Semi Finals	Women U20	
9:40 am	100mH Semi Finals	Women Sr.	
9:45 am	100mH Pent	Men U16	
9:50 am	100mH Semi Finals	Men U16	
9:55 am	110mH Semi Finals	Men U18	
10:00 am	110mH Semi Finals	Men U20	
10:05 am	110mH Semi Finals	Men Sr.	
10:10 am	100m Dec	Men U18, U20, Sr.	
10:15 am	300m Final	Women U16	
10:20 am	300m Final	Men U16	
10:25 am	400m WC	Women & Men All	
10:30 am	400m Final	Women U18	
10:35 am	400m Final	Men U18	
10:40 am	400m Final	Women U20	
10:45 am	400m Final	Men U20	
10:50 am	400m Final	Women Sr.	
10:55 am	400m Final	Men Sr.	
11:05 am	100m Semi Finals	Women U16	
11:10 am	100m Semi Finals	Men U16	
11:15 am	100m Semi Finals	Women U18	
11:20 am	100m Semi Finals	Men U18	
11:25 am	100m Semi Finals	Women U20	
11:30 am	100m Semi Finals	Men U20	

11:35 am	100m Semi Finals	Women Sr.	
11:40 am	100m Semi Finals	Men Sr.	
12:00 pm	Awards		
12:00 pm	Lunch Break		
1:00 pm	1200m Final	Women U16	
1:10 pm	1200m Final	Men U16	
1:20 pm	1500m WC	Women & Men All	
1:30 pm	80mH Final	Women U16	
1:40 pm	100mH Final	Women U18	
1:45 pm	100mH Final	Men U16	
1:50 pm	100mH Final	Women U20	
1:55 pm	100mH Final	Women Sr.	
2:05 pm	110mH Final	Men U18	
2:10 pm	110mH Final	Men U20	
2:15 pm	110mH Final	Men Sr.	
2:25 pm	200m Hep	Women U18, U20, Sr.	
2:35 pm	800m Pent	Women U16	
2:40 pm	Break		
3:10 pm	1000m Pent	Men U16	
3:20 pm	1500m Final	Women U18	
3:30 pm	1500m Final	Men U18	
3:40 pm	1500m Final	Women U20	
3:50 pm	1500m Final	Men U20	
4:00 pm	1500m Final	Women Sr.	
4:10 pm	1500m Final	Men Sr.	
4:20 pm	Awards		
4:35 pm	100m WC	Women & Men All	
4:45 pm	100m Final	Women U16	
4:50 pm	100m Final	Men U16	
5:00 pm	100m Final	Women U18	
5:10 pm	100m Final	Men U18	
5:15 pm	100m Final	Women U20	
5:20 pm	100m Final	Men U20	
5:25 pm	100m Final	Women Sr.	
5:30 pm	100m Final	Men Sr.	
5:40 pm	400m Dec	Men	

SATURDAY MULTI EVENTS –
Approximate Time Schedule

Decathlon (Men U18, U20, Sr.)

10:10 am	100m
11:30 am	Long Jump
1:00 pm	Shot Put
2:00 pm	High Jump
5:40 pm	400m

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Heptathlon (Women U18, U20, Sr.)

9:35 am	100m Hurdles
10:30am	High Jump
12:30 pm	Shot Put
2:25 pm	200m

Pentathlon (Women U16)

9:15 am	80m Hurdles
10:30 am	High Jump
12:15 pm	Long Jump
1:45 pm	Shot Put
2:35 pm	800m

Pentathlon (Men U16)

9:50 am	100m Hurdles
10:30 am	Long Jump
11:45 am	Shot Put
1:00 pm	High Jump
3:10 pm	1000m

SUNDAY JULY 7, 2019

TRACK

8:30 am	110mH Dec	Men U18, U20, Sr.
9:05 am	10,000m RW	Women & Men U20, Sr.
9:05 am	5000m RW	Women & Men U18,U20
10:05 am	1500m RW	Women & Men U16
10:20 am	2000m Final	Women U16
10:30 am	2000m Final	Men U16
10:40 am	3000m Final	Women U18
10:55 am	3000m Final	Men U18
11:10 am	Awards	
11:20 am	200m Semi Finals	Women U16
12:30 pm	200m Semi Finals	Men U16
12:40 pm	200m Semi Finals	Women U18
12:50 pm	200m Semi Finals	Men U18
12:55 pm	200m Semi Finals	Women U20
1:00 pm	200m Semi Finals	Men U20
1:10 pm	200m Semi Finals	Women Sr.
1:20 pm	200m Semi Finals	Men Sr.
1:30 pm	300mH Final	Women U16
1:40 pm	300mH Final	Men U16
1:55 pm	400mH Final	Women U18
2:05 pm	400mH Final	Men U18
2:15 pm	400mH Final	Women U20

2:25 pm	400mH Final	Men U20
2:35 pm	400mH Final	Women Sr.
2:40 pm	400mH Final	Men Sr.
2:50 pm	800m Hep	Women U18, U20, Sr.
2:55 pm	1500m Dec	Men U18, U20, Sr.
3:00 pm	Awards	
3:20 pm	200m WC	Women & Men All
3:30 pm	200m Final	Women U16
3:40 pm	200m Final	Men U16
3:50 pm	200m Final	Women U18
3:55 pm	200m Final	Men U18
4:00 pm	200m Final	Women U20
4:05 pm	200m Final	Men U20
4:10 pm	200m Final	Women Sr.
4:15 pm	200m Final	Men Sr.
4:25 pm	Awards	
4:35 pm	800m WC	Women & Men All
4:45 pm	800m Final	Women U16
4:55 pm	800m Final	Men U16
5:05 pm	800m Final	Women U18
5:15 pm	800m Final	Men U18
5:25 pm	800m Final	Women U20
5:35 pm	800m Final	Men U20
5:40 pm	800m Final	Women Sr.
5:45 pm	800m Final	Men Sr.
5:50 pm	Awards	
5:50 pm	4x100m Relay	Women All Ages
5:55 pm	4x100m Relay	Men All Ages
6:00 pm	4x400m Relay	Women All Ages
6:05 pm	4x400m Relay	Men All Ages

SUNDAY MULTI EVENTS –
Approximate Time Schedule

Heptathlon (Women U18, U20, Sr.)

11:00 am	Long Jump
1:30 pm	Javelin
2:50 pm	800m

Decathlon (Men U18, U20, Sr.)

8:30 am	110m Hurdles
10:00 am	Discus
11:15 am	Pole Vault
2:00 pm	Javelin
2:55 pm	1500m