

2019 CANADIAN LEGION ONTARIO COMMAND TRACK & FIELD CHAMPIONSHIPS (2019.07.11)- FINAL

FRIDAY, JULY 12TH

TIME	TRACK	AGE GROUP	ROUND	TIME	FIELD EVENT	AGE GROUP
2:45 PM	100 mH	HEP F17 (7)		3:00 PM	Hammer	F15 (4)- F17 (10)
3:00 PM	100 m	OCT M17 (2)	Heats		Triple Jump	F17 (8)
3:15 PM	80 mH	F15 (15)			Javelin	M15 (13) - M17 (7)
	100 mH	F17 (13) - M15 (12)	Heats	3:15 PM	High Jump	HEP F17 (7)
	110 mH	M17 (9)	Heats	4:00 PM	High Jump	F15 (10) - F17 (11)
					Long Jump	OCT M17 (2)
4:00 PM	1500 SC	F15 (3) - M15 (2)	Timed Finals			
4:20 PM	2000 SC	F17 (7) - M17 (6)	Timed Finals			
				4:30 PM	Hammer	M15(2) - M17 (6)
4:45 PM	80 mH	F15	Finals		Shot Put	OCT M17 (2)
	100 mH	F17 - M15	Finals		Triple Jump	M17 (9)
	110 mH	M17	Finals			
				5:00 PM	Javelin	F15 (12) , F17 (8)
5:15 PM	300 m	F15 (15) - M15 (11)	Timed Finals	5:15 PM	Shot Put	HEP F17 (7)
	400 m	F17 (17) - M17 (15)	Timed Finals			
5:45 PM	1200 m	F15 (17)- M15 (14)	Timed Finals	5:30 PM	High Jump	M15 (11)
	1500 m	F17 (11) - M17 (13)	Timed Finals			
6:30 PM	200 m	HEP F 17 (7)				
	400 M	OCT M17 (2)				

SATURDAY JULY 13TH

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	PENT F15 (4)		9:00 AM	Long Jump	M15 (13) - M17 (14)
	100 mH	PENT M15 (1)			Triple Jump	F15 (13)
	110 mH	OCT M17 (2)			Discus	M15 (13)
9:30 AM	100 m	F15 (15) - M15 (18)	Heats		Shot Put	F17 (14)
	100 m	F17 (15)- M17 (14)	Heats	9:00 AM	Pole Vault	M15 (2)- M17 (5)
10:15 AM	2000 m	F15 (14) - M15 (9)	Finals	9:45 AM	High Jump	PENT F15 (4)
10:30 AM	3000 m	F17 (8) - M17 (11)	Finals	10:15 AM	High Jump	OCT M17 (2)
11:00 AM	100 m	F15 - M15	Finals		Long Jump	PENT M15 (1)
11:10 AM	100 m	F17 - M17	Finals	10:15 AM	Discus	F15 (15)
11:20 AM	800 m	F15 (13)- M15 (12)	Timed Finals		Shot Put	M17 (13)
11:40 AM	800 m	F17 (15)- M17 (10)	Timed Finals		Long Jump	F17 (14)
					Long Jump	HEP F17 (7)
				11:00 AM	Shot Put	PENT M15 (1)
				11:45 AM	Long Jump	F15 (21)
					Discus	M17 (15)
					Shot Put	F15 (16)
				12:30	Shot Put	PENT F15 (4)
1:00 PM	200 mH	F15 (14)- M15 (9)	Timed Finals		Javelin	OCT M17 (2)
	400 mH	F17 (12)- M17 (10)	Timed Finals		Javelin	HEP F17 (7)
1:30 PM	1500m RW	F15 (0)- M15 (1)	Timed Finals	1:00 PM	Pole Vault	F15 (7)- F17 (2)
	3000m RW	F17 (2)- M17 (0)	Timed Finals	1:45 PM	High Jump	PENT M15 (1)
2:00 PM	200 m	F15 (19)- M15 (16)	Timed Finals		Long Jump	PENT F15 (4)
2:20 PM	200 m	F17(15) - M17 (19)	Timed Finals		Discus	F17 (12)
2:45 PM	800m	PENT F15 (4)			Shot Put	M15 (11)
	800m	HEP F17 (7)		2:30 PM	High Jump	M17 (9)
3:00 PM	1000m	PENT M15 (1)			Triple Jump	M15 (11)
	1000m	OCT M17 (2)				