





TENTATIVE Sat JAN 18, 2020 USPORTS Window						TENTATIVE Sat JAN 18, 2020 USPORTS Window					
Time	Event	Age Category	Gender	Heat/Final	# of Heats	Horiz. Jumps - Centre Pit	Horiz Jumps - Wall Pit	Pole Vault	High Jump Centre Pit	Throws Cage	Throws Wooden
12:00PM						Open M - TJ			Open M		
12:45PM	60mH	USPORTS-Open	Men	Heats							
	600m	USPORTS-Open	Men	Timed Final							
	600m	USPORTS-Open	Women	Timed Final							
	300m	USPORTS-Open	Men								
	300m	USPORTS-Open	Women								
	60m	USPORTS-Open	Men	Semi							
2:00PM	60m	USPORTS-Open	Women	Semi		Open W - TJ		Open Men	Open W		
	60mH	USPORTS-Open	Men	Final							
	1500m	USPORTS-Open	Men	Timed Final							
	1500m	USPORTS-Open	Women	Timed Final							
	60m	USPORTS-Open	Men	Final							
	60m	USPORTS-Open	Women	Final							
	1000m	USPORTS-Open	Men - HEP	Timed Final							
	1000m	USPORTS-Open	Men	Timed Final							
	1000m	USPORTS-Open	Women	Timed Final							
	4x400m	USPORTS-Open	Men	Timed Final							
4:20PM	4x400m	USPORTS-Open	Women	Timed Final							

TENTATIVE Sat JAN 18, 2020 U16/U18/U20/Masters WINDOW						TENTATIVE Saturday JANUARY 20, 2020 U16/U18/U20/Masters WINDOW					
Time	Event	Age Category	Gender	Heat/Final	# of Heats	Horiz Jumps - Centre Pit	Horiz Jumps - Wall Pit	Pole Vault	High Jump	Throws Cage	Throws Wooden
5:00PM	60mH	U20	Men	Prelims		U18 Flight1 - LJ : Men	U18/U20 - LJ : W		U16 M&W Men: West W: Centre	U18/U20 Men- SP	U16/Masters W SP
	60mH	U18	Men								
	60mH	U20	Women	Prelims							
	60mH	U18	Women								
	60m	U16	Men	Prelims							
	60m	U16	Women	Prelims							
5:30PM						U18 Flight 2 U20		U16/U18/ U20 / W&M			
	1000m	U16/U18/ U20	Women	Timed Final							
	60mH	U20	Men	Final							
	60mH	U18	Men	Final							
	60mH	U20	Women	Final							
	60mH	U18	Women	Final							
	60mH	Masters	Women	Final							
6:30PM	60m	Masters	Men	Final		U18 LJ Final				U18/U20/ W - SP	U16/Masters M - SP
	60m	U16	Men	Final							
	60m	U16	Women	Final							
	300m	U20	Men	Timed Final							
	300m	U18	Men	Timed Final							
	300m	U20	Women	Timed Final							
	300m	U18	Women	Timed Final							
	300m	U16	Men	Timed Final							
7:30PM	300m	U16	Women	Timed Final							

