



FINAL Sat JAN 18, 2020 U16/U18/U20/Masters WINDOW						FINAL Sat JAN 18, 2020 U16/U18/U20/Masters WINDOW					
Time	Event	Age Category	Gender	Heat/Final	# of Heats	Horiz. Jump - Centre Pit	Horiz Jumps - Wall Pit	Pole Vault	High Jump	Throws Cage	Throws Wooden
9:00AM										Open M - WT (18)	
10:00AM	60mH	U16	Men	Prelims	1				U18/U20/ Masters: Men		
10:05AM	60mH	U16	Women	Prelims	2						
10:15AM	60m	U18	Men	Prelims	2						
10:21AM	60m	U20	Men	Prelims	2						
10:27AM	60m	U18	Women	Prelims	2						
10:30AM						U16 Men LJ (9)	U16 W LJ (10)				
10:33AM	60m	U20	Women	Prelims	1						
10:40AM	1000m	U16	Men	Timed Final	1						
10:45AM	1000m	U18/U20	Men	Timed Final	1						
11:00AM	60mH	USPORTS-Open	Men - Hep		2				U18/U20/ Masters W		
11:10AM	60mH	U16	Men	Final	1					Open W WT	
11:15AM	60mH	U16	Women	Final	1						
11:25AM	60m	U18	Men	Final	1						
11:28AM	60m	U20	Men	Final	1						
11:31AM	60m	U18	Women	Final	1						
11:34AM	60m	U20	Women	Final	1						

FINAL Sat JAN 18, 2020 USPORTS Window						FINAL 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								Hep Men			
12:30PM	60mH	USPORTS-Open	Men	Heats	2	Open M - TJ (12)			Open M (10)		
12:45PM	600m	USPORTS-Open	Men	Timed Final	5						
1:10PM	600m	USPORTS-Open	Women	Timed Final	4						
1:30PM	300m	USPORTS-Open	Men	Timed Final	7						
2:00PM	300m	USPORTS-Open	Women	Timed Final	6						
2:30PM	60m	USPORTS-Open	Men	Semi	3			Open Men (10)			
2:40PM	60m	USPORTS-Open	Women	Semi	3						
2:45PM						Open W - TJ			Open W (14)		
2:55PM	60mH	USPORTS-Open	Men	Final	1						
3:05PM	1500m	USPORTS-Open	Men	Timed Final	3						
3:25PM	1500m	USPORTS-Open	Women	Timed Final	3						
3:45PM	60m	USPORTS-Open	Men	Final	1						
3:50PM	60m	USPORTS-Open	Women	Final	1						
3:55PM	1000m	USPORTS-Open	Men - HEP	Timed Final	1						
4:00PM	1000m	USPORTS-Open	Men	Timed Final	3						
4:15PM	1000m	USPORTS-Open	Women	Timed Final	1						
4:25PM	4x400m	USPORTS-Open	Men	Timed Final	1						
4:35PM	4x400m	USPORTS-Open	Women	Timed Final	1						

FINAL Sat JAN 18, 2020 U16/U18/U20/Masters WINDOW						FINAL 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
5:30PM							U18 W LJ	U18/U20 M LJ	Open M F2 + all other PV	U16 M&W Men: West W: Centre	U18/ Masters M SP	U16/ Masters W SP
5:45PM	60mH	U20 / U 18	Men	Prelims	1							
5:50PM	60mH	U20 / U18	Women	Prelims	1							
6:00PM	60m	U16	Men	Prelims	2							
6:06PM	60m	U16	Women	Prelims	3							
6:15PM	1000m	U16	Women	Timed Final	1							
6:20PM	1000m	U18 / U20	Women	Timed Final	1							
6:30PM	60mH	U20 / U 18	Men	Final	1							
6:35PM	60mH	U20 / U18	Women	Final	1							
6:45PM	60m	Masters	Men & Women	Final	1							
6:48PM	60m	U16	Men	Final	1							
6:51PM	60m	U16	Women	Final	1							
7:00PM	300m	U20	Men	Timed Final	3		U20 W LJ (4)				U18/20 F40 W	U16 M SP
7:09PM	300m	U18	Men	Timed Final	3							
7:18PM	300m	U20 / U18	Women	Timed Final	2							
7:24PM	300m	U16	Men	Timed Final	1							
7:27PM	300m	U16	Women	Timed Final	4							

Final Sun JAN 19, 2020 U12/U14/U16/U18/U20/Masters WINDOW						Final Sun JAN 19, 2020 U16/U18/U20/Masters WINDOW					
Time	Event	Age Category	Gender	Heat/Final		Horiz Jumps	Horiz Jumps	Pole Vault	High Jump	Throws	Throws
10:30AM	60mH	U12: 24"	Men	Heats	1	U16/U18/ U20 M TJ (4)	Masters LJ (8) + F46			U16/18/20/ M W - WT	
10:35AM	60mH	U12: 24"	Women	Heats	1						
10:45AM	60mH	U14: 30"	Men	Heats	1						
10:50AM	60mH	U14: 30"	Women	Heats	2						
11:00AM	1500m	U18/U20	Men	Timed Final	1						
11:07AM	1500m	U18/U20	Women	Timed Final	1						
11:15AM	1200m	U16	Men	Timed Final	1						
11:22AM	1200m	U16	Women	Timed Final	1						
11:30AM	60mH	U12: 24"	Men	Final	1						
11:35AM	60mH	U12: 24"	Women	Final	1						
11:45AM	60mH	U14: 30"	Men	Final	1						
11:50AM	60mH	U14: 30"	Women	A&B Final	2						
12:00PM	200m	U16	Men	Timed Final	3	U16/U18/ U20 W TJ (5)				U16/U18/U20/ M Men - WT	
12:09PM	200m	U18	Men	Timed Final	1						
12:12PM	200m	U20	Men	Timed Final	2						
12:18PM	200m	Open	Men	Timed Final	2						
12:24PM	200m	Masters	Men	Timed Final	1						
12:27PM	200m	U16	Women	Timed Final	4						
12:39PM	200m	U18	Women	Timed Final	1						
12:42PM	200m	U20	Women	Timed Final	1						
12:45PM	200m	Open	Women	Timed Final	1						
12:48PM	200m	Masters	Women	Timed Final	1						
12:55PM	150m	U12	Men	Timed Final	1						
12:58PM	150m	U14	Men	Timed Final	1						
1:01PM	150m	U12	Women	Timed Final	1						
1:04PM	150m	U14	Women	Timed Final	3						
1:10PM	600m	U16	Men	Timed Final	1						
1:15PM	600m	U18	Men	Timed Final	1						
1:19PM	600m	U20	Men	Timed Final	2						
1:27PM	600m	U16	Women	Timed Final	2						
1:33PM	600m	U18	Women	Timed Final	1						
1:37PM	600m	U20	Women	Timed Final	1						
1:45PM	4x200m	U16/U18/U20	Men	Timed Final	1						
1:50PM	4x200m	U16/U18/U21	Women	Timed Final	1						