**REGINA SPRING CLASSIC**

# CANADA GAMES TRACK AND FIELD FACILITY

Regina, Saskatchewan

Saturday, May 9, 2020

Sponsored by: Excel Athletika

Sanctioned by: Saskatchewan Athletics

**1. Individual Events**: First event: $25.00

Second event: $25.00

Additional events: $20.00 per event.

Late entry fee in all events will be $50.00 per event.

Cheques and money orders should be made payable to:

**Excel Athletika**

2. **Eligibility:** Athletes competing in the meet must obtain an Athletics Canada card prior to the competition. Saskatchewan athletes may obtain a card by writing to:

Saskatchewan Athletics

2020 College Drive

Saskatoon, Saskatchewan

S7N 2W4

Day passes, valid for only the specific meet for which they were purchased, will be available at the meet office.

3. **Age Classes:** Age classes for all events are as follows:

Senior: 20 and older as of Dec. 31, 2020 (born 2000 or earlier)

U20: Under 20 as of Dec. 31, 2020 (born 2001 or 2002)

U18: Under 18 as of Dec. 31, 2020 (born 2003 or 2004)

U16: Under 16 as of Dec. 31, 2020 (born 2005 or 2006)

U14: Under 14 as of Dec. 31, 2020 (born 2007 or 2008)

U12: Under 12 as of Dec. 31, 2020 (born 2009 or later)

Masters: 35 and over as of the day of the meet (born May 9, 1985 or earlier).

4. **Scratches:** Please report scratches in lane races to the meet office as soon as possible.

1. **Protests:** Protests must be submitted in writing to the meet office no later than one-

half hour following the official posting of results. Protests must be accompanied by a

$50.00 deposit that may be forfeited if the protest is disallowed.

1. **Entry Deadline:** The entry deadline for the meet is:

**6:00 p.m., Friday, May 1, 2020**

All competitors must submit entries with either **Hy-Tek’s Team Manager** or **Trackie.**

Team Manager entries will be confirmed by return e-mail.

Trackie Registration: Please paste the following URL into your browser:

<https://www.trackie.com/online-registration/register/regina-spring-classic/464808/>

**Entries will not be accepted from e-mails**.

Teams using Team Manager must insure that all entries from their team are made through Team Manager. If you cannot guarantee that all entries are made with Team Manager, you must use Trackie as your registration method. This is because there is no method to separate Trackie entries from TM once they are imported into Meet Manager.

Direct inquiries to: [jflangen@sasktel.net](mailto:jflangen@sasktel.net)

orjflangen@sasktel.net

(306) 545-7759 or (306) 550-7080

1. **Registration**: Douglas Park Track and Field Facility

11:00 A.M., Saturday, May 9, 2020

First Event: 12:00 P.M.

1. **Meet Hotel**: Quality Hotel – Regina

1717 Victoria Ave,

Regina, SK S4P 0P9

Discounted Rate: $82.00 per night

Book online: <https://bit.ly/35ni4dH>

Book Direct: (306) 569-4656

Reference Group Block Name: Regina Spring Classic Track & Field

**9. Meet Structure**: Due to the large number of events and the limited amount of time,

events will be run as timed section finals. The only exception will be the 100 metres which may be run with heats and finals depending on the number of entries.

1. **Events**

|  |  |  |  |  |  |  |
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| **Event #** | **Event Name** | | **Event #** | | **Event Name** | |
| 1 | Girls 5-11 60 Meter Dash U12 | | 15 | | Girls 5-11 150 Meter Dash U12 | |
| 2 | Boys 5-11 60 Meter Dash U12 | | 16 | | Boys 5-11 150 Meter Dash U12 | |
| 3 | Girls 12-13 80 Meter Dash U14 | | 17 | | Girls 12-13 150 Meter Dash U14 | |
| 4 | Boys 12-13 80 Meter Dash U14 | | 18 | | Boys 12-13 150 Meter Dash U14 | |
| 5 | Girls 14-15 100 Meter Dash U16 | | 19 | | Girls 14-15 200 Meter Dash U16 | |
| 6 | Boys 14-15 100 Meter Dash U16 | | 20 | | Boys 14-15 200 Meter Dash U16 | |
| 7 | Girls 16-17 100 Meter Dash U18 | | 21 | | Girls 16-17 200 Meter Dash U18 | |
| 8 | Boys 16-17 100 Meter Dash U18 | | 22 | | Boys 16-17 200 Meter Dash U18 | |
| 9 | Women 18-19 100 Meter Dash U20 | | 23 | | Women 18-19 200 Meter Dash U20 | |
| 10 | Men 18-19 100 Meter Dash U20 | | 24 | | Men 18-19 200 Meter Dash U20 | |
| 11 | Women 20-34 100 Meter Dash Senior | | 25 | | Women 20-34 200 Meter Dash Senior | |
| 12 | Men 20-34 100 Meter Dash Senior | | 26 | | Men 20-34 200 Meter Dash Senior | |
| 13 | Women 35-99 100 Meter Dash Masters | | 27 | | Women 35-99 200 Meter Dash Masters | |
| 14 | Men 35-99 100 Meter Dash Masters | | 28 | | Men 35-99 200 Meter Dash Masters | |
| **Event #** | **Event Name** | | **Event #** | | **Event Name** | |
| 29 | Girls 14-15 300 Meter Dash U16 | | 76 | | Women 18-19 5000 Meter Run U20 | |
| 30 | Boys 14-15 300 Meter Dash U16 | | 77 | | Men 18-19 5000 Meter Run U20 | |
| 31 | Girls 16-17 400 Meter Dash U18 | | 78 | | Women 20-34 5000 Meter Run Senior | |
| 32 | Boys 16-17 400 Meter Dash U18 | | 79 | | Men 20-34 5000 Meter Run Senior | |
| 33 | Women 18-19 400 Meter Dash U20 | | 80 | | Men 18-19 10000 Meter Run U20 | |
| 34 | Men 18-19 400 Meter Dash U20 | | 81 | | Women 20-34 10000 Meter Run Senior | |
| 35 | Women 20-24 400 Meter Dash Senior | | 82 | | Men 20-34 10000 Meter Run Senior | |
| 36 | Men 20-24 400 Meter Dash Senior | | 83 | | Girls 12-13 80 Meter Hurdles .76m U14 | |
| 37 | Women 35-99 400 Meter Dash Masters | | 84 | | Boys 12-13 80 Meter Hurdles .76m U14 | |
| 38 | Men 35-99 400 Meter Dash Masters | | 85 | | Girls 14-15 80 Meter Hurdles .76m U16 | |
| 39 | Girls 5-11 600 Meter Run U12 | | 86 | | Boys 14-15 100 Meter Hurdles .84m U16 | |
| 40 | Boys 5-11 600 Meter Run U12 | | 87 | | Girls 16-17 100 Meter Hurdles .76m U18 | |
| 41 | Girls 12-13 800 Meter Run U14 | | 88 | | Boys 16-17 110 Meter Hurdles .91m U18 | |
| 42 | Boys 12-13 800 Meter Run U14 | | 89 | | Women 18-19 100 Meter Hurdles .84m U20 | |
| 43 | Girls 14-15 800 Meter Run U16 | | 90 | | Men 18-19 110 Meter Hurdles .99m U20 | |
| 44 | Boys 14-15 800 Meter Run U16 | | 91 | | Women 20-34 100 Meter Hurdles .84m Senior | |
| 45 | Girls 16-17 800 Meter Run U18 | | 92 | | Men 20-34 110 Meter Hurdles 1.07m Senior | |
| 46 | Boys 16-17 800 Meter Run U18 | | 93 | | Women 35-99 100 Meter Hurdles Masters | |
| 47 | Women 18-19 800 Meter Run U20 | | 94 | | Men 35-99 110 Meter Hurdles Masters | |
| 48 | Men 18-19 800 Meter Run U20 | | 95 | | Girls 14-15 200 Meter Hurdles .76m U16 | |
| 49 | Women 20-34 800 Meter Run Senior | | 96 | | Boys 14-15 200 Meter Hurdles .76m U16 | |
| 50 | Men 20-34 800 Meter Run Senior | | 97 | | Girls 16-17 400 Meter Hurdles .76m U18 | |
| 51 | Women 35-99 800 Meter Run Masters | | 98 | | Boys 16-17 400 Meter Hurdles .84m U18 | |
| 52 | Men 35-99 800 Meter Run Masters | | 99 | | Women 18-19 400 Meter Hurdles .76m U20 | |
| 53 | Girls 5-11 1000 Meter Run U12 | | 100 | | Men 18-19 400 Meter Hurdles .91m U20 | |
| 54 | Boys 5-11 1000 Meter Run U12 | | 101 | | Women 20-34 400 Meter Hurdles .76m Senior | |
| 55 | Girls 12-13 1200 Meter Run U14 | | 102 | | Men 20-34 400 Meter Hurdles .91m Senior | |
| 56 | Boys 12-13 1200 Meter Run U14 | | 103 | | Women 35-99 400 Meter Hurdles Masters | |
| 57 | Girls 14-15 1200 Meter Run U16 | | 104 | | Men 35-99 400 Meter Hurdles Masters | |
| 58 | Boys 14-15 1200 Meter Run U16 | | 105 | | Girls 5-11 High Jump U12 | |
| 59 | Girls 16-17 1500 Meter Run U18 | | 106 | | Boys 5-11 High Jump U12 | |
| 60 | Boys 16-17 1500 Meter Run U18 | | 107 | | Girls 12-13 High Jump U14 | |
| 61 | Women 18-19 1500 Meter Run U20 | | 108 | | Boys 12-13 High Jump U14 | |
| 62 | Men 18-19 1500 Meter Run U20 | | 109 | | Girls 14-15 High Jump U16 | |
| 63 | Women 20-34 1500 Meter Run Senior | | 110 | | Boys 14-15 High Jump U16 | |
| 64 | Men 20-34 1500 Meter Run Senior | | 111 | | Girls 16-17 High Jump U18 | |
| 65 | Women 35-99 1500 Meter Run Masters | | 112 | | Boys 16-17 High Jump U18 | |
| 66 | Men 35-99 1500 Meter Run Masters | | 113 | | Women 18-19 High Jump U20 | |
| 67 | Girls 14-15 2000 Meter Run U16 | | 114 | | Men 18-19 High Jump U20 | |
| 68 | Boys 14-15 2000 Meter Run U16 | | 115 | | Women 20-34 High Jump Senior | |
| 69 | Girls 16-17 3000 Meter Run U18 | | 116 | | Men 20-34 High Jump Senior | |
| 70 | Boys 16-17 3000 Meter Run U18 | | 117 | | Women 35-99 High Jump Masters | |
| 71 | Women 18-19 3000 Meter Run U20 | | 118 | | Men 35-99 High Jump Masters | |
| 72 | Men 18-19 3000 Meter Run U20 | | 119 | | Girls 14-15 Pole Vault U16 | |
| 73 | Women 20-34 3000 Meter Run Senior | | 120 | | Boys 14-15 Pole Vault U16 | |
| 74 | Women 35-99 3000 Meter Run Masters | | 121 | | Girls 16-17 Pole Vault U18 | |
| 75 | Men 35-99 3000 Meter Run Masters | | 122 | | Boys 16-17 Pole Vault U18 | |
| **Event #** | **Event Name** | | **Event #** | | **Event Name** | |
| 123 | Women 18-19 Pole Vault U20 | | 168 | | Men 35-99 Shot Put Masters | |
| 124 | Men 18-19 Pole Vault U20 | | 169 | | Girls 12-13 Javelin Throw 400g U14 | |
| 125 | Women 20-34 Pole Vault Senior | | 170 | | Boys 12-13 Javelin Throw 400g U14 | |
| 126 | Men 20-34 Pole Vault Senior | | 171 | | Girls 14-15 Javelin Throw 500g U16 | |
| 127 | Women 35-99 Pole Vault Masters | | 172 | | Boys 14-15 Javelin Throw 600g U16 | |
| 128 | Men 35-99 Pole Vault Masters | | 173 | | Girls 16-17 Javelin Throw 500g U18 | |
| 129 | Girls 5-11 Long Jump U12 | | 174 | | Boys 16-17 Javelin Throw 700g U18 | |
| 130 | Boys 5-11 Long Jump U12 | | 175 | | Women 18-19 Javelin Throw 600g U20 | |
| 131 | Girls 12-13 Long Jump U14 | | 176 | | Men 18-19 Javelin Throw 800g U20 | |
| 132 | Boys 12-13 Long Jump U14 | | 177 | | Women 20-34 Javelin Throw 600g Senior | |
| 133 | Girls 14-15 Long Jump U16 | | 178 | | Men 20-34 Javelin Throw 800g Senior | |
| 134 | Boys 14-15 Long Jump U16 | | 179 | | Women 35-99 Javelin Throw Masters | |
| 135 | Girls 16-17 Long Jump U18 | | 180 | | Men 35-99 Javelin Throw Masters | |
| 136 | Boys 16-17 Long Jump U18 | | 181 | | Girls 14-15 Discus Throw 750g U16 | |
| 137 | Women 18-19 Long Jump U20 | | 182 | | Boys 14-15 Discus Throw 1kg U16 | |
| 138 | Men 18-19 Long Jump U20 | | 183 | | Girls 16-17 Discus Throw 1kg U18 | |
| 139 | Women 20-34 Long Jump Senior | | 184 | | Boys 16-17 Discus Throw 1.5kg U18 | |
| 140 | Men 20-34 Long Jump Senior | | 185 | | Women 18-19 Discus Throw 1kg U20 | |
| 141 | Women 35-99 Long Jump Masters | | 186 | | Men 18-19 Discus Throw 1.75kg U20 | |
| 142 | Men 35-99 Long Jump Masters | | 187 | | Women 20-34 Discus Throw 1kg Senior | |
| 143 | Girls 12-13 Triple Jump U14 | | 188 | | Men 20-34 Discus Throw 2kg Senior | |
| 144 | Boys 12-13 Triple Jump U14 | | 189 | | Women 35-99 Discus Throw Masters | |
| 145 | Girls 14-15 Triple Jump U16 | | 190 | | Men 35-99 Discus Throw Masters | |
| 146 | Boys 14-15 Triple Jump U16 | | 191 | | Girls 14-15 Hammer Throw 3kg U16 | |
| 147 | Girls 16-17 Triple Jump U18 | | 192 | | Boys 14-15 Hammer Throw 4kg U16 | |
| 148 | Boys 16-17 Triple Jump U18 | | 193 | | Girls 16-17 Hammer Throw 3kg U18 | |
| 149 | Women 18-19 Triple Jump U20 | | 194 | | Boys 16-17 Hammer Throw 5kg U18 | |
| 150 | Men 18-19 Triple Jump U20 | | 195 | | Women 18-19 Hammer Throw 4kg U20 | |
| 151 | Women 20-34 Triple Jump Senior | | 196 | | Men 18-19 Hammer Throw 6kg U20 | |
| 152 | Men 20-34 Triple Jump Senior | | 197 | | Women 20-34 Hammer Throw 4kg Senior | |
| 153 | Women 35-99 Triple Jump Masters | | 198 | | Men 20-34 Hammer Throw 7.26kg Senior | |
| 154 | Men 35-99 Triple Jump Masters | | 199 | | Women 35-99 Hammer Throw Masters | |
| 155 | Girls 5-11 Shot Put 6lb U12 | | 200 | | Men 35-99 Hammer Throw Masters | |
| 156 | Boys 5-11 Shot Put 6lb U12 | | 201 | | Girls 10-11 4x100 Meter Relay U12 | |
| 157 | Girls 12-13 Shot Put 3kg U14 | | 202 | | Boys 10-11 4x100 Meter Relay U12 | |
| 158 | Boys 12-13 Shot Put 3kg U14 | | 203 | | Girls 12-13 4x100 Meter Relay U14 | |
| 159 | Girls 14-15 Shot Put 3kg U16 | | 204 | | Boys 12-13 4x100 Meter Relay U14 | |
| 160 | Boys 14-15 Shot Put 4kg U16 | | 205 | | Girls 14-15 4x100 Meter Relay U16 | |
| 161 | Girls 16-17 Shot Put 3kg U18 | | 206 | | Boys 14-15 4x100 Meter Relay U16 | |
| 162 | Boys 16-17 Shot Put 5kg U18 | | 207 | | Girls 16-17 4x100 Meter Relay U18 | |
| 163 | Women 18-19 Shot Put 4kg U20 | | 208 | | Boys 16-17 4x100 Meter Relay U18 | |
| 164 | Men 18-19 Shot Put 6kg U20 | | 209 | | Girls 18-19 4x100 Meter Relay U20 | |
| 165 | Women 20-34 Shot Put 4kg Senior | | 210 | | Boys 18-19 4x100 Meter Relay U20 | |
| 166 | Men 20-34 Shot Put 7.26kg Senior | | 211 | | Girls 20-34 4x100 Meter Relay Senior | |
| 167 | Women 35-99 Shot Put Masters | | 212 | | Boys 20-34 4x100 Meter Relay Senior | |
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11. **Tentative Schedule of Events**: This tentative schedule of events is subject to change based on the number of entries received. A meet schedule will be posted on the Saskatchewan Athletics website when it is completed after all entries have been received.

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|  |  |  | **2020 Tentative Schedule** | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Track Events Field Events** | | | | | | | | | | |  | | | | | | | | | | | 12:00pm | 4x100m | U12 Men |  | **High Jump Competitions** | | | **Pole Vault Competitions** | | | |  | 4x100m | U12 Women | |  |  |  |  |  |  | | 12:10pm | 4x100m | U14 Men |  | 2:00pm | U16 Women | | 12:30pm | U16 Men | | |  | 4x100m | U14 Women | |  | U18 Women | |  | U18 Men |  | | 12:20pm | 600m | U12 Men | |  | U20 Women | |  | U20 Men |  | |  | 600m | U12 Women | |  | Senior Women | |  | Senior Men | | | 12:25pm | 800m | U14 Men |  | 3:00pm | U14 Women | | 2:00pm | Masters Men | | |  | 800m | U14 Women | |  | U14 Men | |  | U16 Women | | | 12:30pm | 800m | U16 Men |  |  | Masters Women | |  | U18 Women | | |  | 800m | Masters Men | |  | Masters Men | |  | U20 Women | | | 12:35pm | 800m | U16 Women | |  | U12 Women | |  | Senior Women | | |  | 800m | Masters Women | |  | U12 Men | |  | Masters Women | | | 12:40pm | 800m | U18 Men |  | 4:30pm | U16 Men | |  |  |  | |  | 800m | U20 Men |  |  | U18 Men |  | **Long Jump Competitions** | | | |  | 800m | Senior Men | |  | U20 Men |  |  |  |  | | 12:45pm | 800m | U18 Women | |  | Senior Men | | 12:10pm | U12 Women | | |  | 800m | U20 Women | |  |  |  |  | U12 Men | | |  | 800m | Senior Women | |  | | | 2:00pm | U16 Men | | | 12:50pm | 60m | U12 Men |  |  |  |  |  | U18 Men |  | |  | 60m | U12 Women | |  |  |  |  | U20 Men |  | | 12:55pm | 80m | U14 Men |  |  |  |  |  | Senior Men | | |  | 80m | U14 Women | |  | | | 4:00pm | U14 Women | | | 1:05pm | 100m | U16 Men |  |  |  |  |  | U14 Men | | |  | 100m | U18 Men |  |  |  |  |  | Masters Women | | |  | 100m | Masters Men | |  |  |  |  | Masters Men | | | 1:10pm | 100m | Senior Men | | | |  | 5:30pm | U16 Women | | |  | 100m | U20 Men |  |  |  |  |  | U18 Women | | | 1:15pm | 100m | U16 Women | | **Triple Jump Competitions** | | |  | U20 Women | | |  | 100m | U18 Women | | 1:00pm | U14 Women | |  | Senior Women | | |  | 100m | U20 Women | |  | U14 Men | |  |  |  | |  | 100m | Senior Women | | 2:00pm | U16 Women | |  |  |  | | 1:20pm | 100m | Masters Women | |  | U18 Women | |  |  |  | | 1:30pm | 80m H | U14 Women | |  | U20 Women | | **Hammer Throw Competitions** | | | |  | 80m H | U14 Men |  |  | Senior Women | |  |  |  | |  | 80m H | U16 Women | |  | Masters Women | | 5:30pm | U16 Men | | | 1:35pm | 100m H | U18 Women | |  | Masters Men | |  | U18 Men |  | |  | 100m H | U20 Women | | 3:00pm | U16 Men |  |  | U20 Men |  | |  | 100m H | Senior Women | |  | U18 Men |  |  | Senior Men | | |  | 100m H | U16 Men |  |  | U20 Men |  |  | U16 Women | | | 1:50pm | 110m H | U18 Men |  |  | Senior Men | |  | U18 Women | | |  | 110m H | U20 Men |  |  |  |  |  | U20 Women | | |  | 110m H | Senior Men | | **Discus Competitions** | | |  | Senior Women | | | 2:00pm | 2000m | U16 Men |  |  |  |  |  | Masters Women | | |  | 2000m | U16 Women | | 12:00pm | U16 Women | |  | Masters Men | | | 2:10pm | 3000m | U18 Men |  |  | U18 Women | |  |  |  | |  | 3000m | U20 Men |  |  | U20 Women | |  |  |  | |  | 3000m | U18 Women | |  | Senior Women | |  |  |  | |  | 3000m | U20 Women | |  | Masters Women | |  |  |  | | 2:25pm | 300m | U16 Men |  |  | Masters Men | |  |  |  | |  | 300m | U16 Women | |  | U16 Men |  |  |  |  | | 2:35pm | 400m | U18 Men |  |  | U18 Men |  |  |  |  | |  | 400m | U20 Men |  |  | U20 Men |  |  |  |  | |  | 400m | Senior Men | |  | Senior Men | |  |  |  | |  | 400m | Masters Men | |  |  |  |  |  |  | | 2:45pm | 400m | U18 Women | | **Shot Put Competitions** | | | **Javelin Competitions** | | | |  | 400m | U20 Women | |  |  |  |  |  |  | |  | 400m | Senior Women | | 1:30pm | U12 Men |  | 12:45pm | U16 Men |  | |  | 400m | Masters Women | |  | U12 Women | |  | U18 Men |  | |  | 200mH | U16 Women | |  | U14 Men |  |  | U20 Men |  | |  | 200mH | U16 Men |  |  | U14 Women | |  | Senior Men | | |  | 300mH | Masters Women | |  | Masters Women | | 2:15pm | U16 Women | | | 3:00pm | 400mH | U18 Women | |  | Masters Men | |  | U18 Women | | |  | 400mH | U20 Women | | 3:00pm | U16 Men |  |  | U20 Women | | |  | 400mH | Senior Women | |  | U18 Men |  |  | Senior Women | | | 3:10pm | 400mH | U18 Men |  |  | U20 Men |  | 3:45pm | Masters Women | | | 3:15pm | 400mH | U20 Men |  |  | Senior Men | |  | Masters Men | | |  | 400mH | Senior Men | | 3:45pm | U16 Women | |  | U14 Men |  | |  | 400mH | Masters Men | |  | U18 Women | |  | U14 Women | | | 3:20pm | 1000m | U12 Men |  |  | U20 Women | |  |  |  | |  | 1000m | U12 Women | |  | Senior Women | |  |  |  | | 3:30pm | 1200m | U14 Men |  |  |  |  |  |  |  | |  | 1200m | U16 Men |  |  |  |  |  |  |  | | 3:55pm | 1200m | U14 Women | |  |  |  |  |  |  | |  | 1200m | U16 Women | |  |  |  |  |  |  | | 4:!0pm | 1500m | U18 Men |  |  |  |  |  |  |  | |  | 1500m | U20 Men |  |  |  |  |  |  |  | |  | 1500m | Senior Men | |  |  |  |  |  |  | |  | 1500m | U18 Women | |  |  |  |  |  |  | |  | 1500m | U20 Women | |  |  |  |  |  |  | |  | 1500m | Senior Women | |  |  |  |  |  |  | |  | 1500m | Masters Men | |  |  |  |  |  |  | |  | 1500m | Masters Women | |  |  |  |  |  |  | | 4:25pm | 150m | U12 Men |  |  |  |  |  |  |  | |  | 150m | U12 Women | |  |  |  |  |  |  | | 4:30pm | 150m | U14 Men |  |  |  |  |  |  |  | |  | 150m | U14 Women | |  |  |  |  |  |  | | 4:40pm | 200m | U16 Men |  |  |  |  |  |  |  | |  | 200m | U18 Men |  |  |  |  |  |  |  | | 4:50pm | 200m | U20 Men |  |  |  |  |  |  |  | |  | 200m | Senior Men | |  |  |  |  |  |  | |  | 200m | Masters Men | |  |  |  |  |  |  | | 5:00pm | 200m | U16 Women | |  |  |  |  |  |  | |  | 200m | U18 Women | |  |  |  |  |  |  | |  | 200m | Masters Women | |  |  |  |  |  |  | | 5:10pm | 200m | U20 Women | |  |  |  |  |  |  | |  | 200m | Senior Women | |  |  |  |  |  |  | | 5:20pm | 5000m | All Men and Women | |  |  |  |  |  |  | | 5:40pm | 10000m | All Men and Women | |  |  |  |  |  |  | | | | | | | | | | |
|  | | | | | | | | | |