



BACK TO TRACK in BRAMPTON 5 SCHEDULE

SUNDAY SEPTEMBER 27, 2020

Final Schedule



THROWS

- **11:00am-** Women's Hammer and Throws Pent (Mixed Gender)
- **11:00am-** Men's Shot Put
- **12:15pm-** Men's Hammer
- **12:15pm-** Women's Shot Put and Throws Pent (Mixed Gender)
- **1:30pm-** Woman's Discus and Throws Pent (Mixed Gender)
- **2:45pm-** Men's Discus
- **4:15pm-** Women's Javelin and Throws Pent (Mixed Gender)
- **5:30pm-** Men's Javelin
- **5:30pm-** Open Weight Throw and Throws Pent (Mixed Gender)

JUMPS

- **12:00pm-** Women's Long Jump
- **1:45pm-** Men's Long Jump (1:15pm warmup)
- **3:00pm-** Women's Triple Jump (2:30pm warmup)
- **4:15pm-** Men's Triple Jump (3:45pm warm up)

TRACK

- **12:30pm-** 80mH and 100mH
- **1:00pm-** 80m & 100m (12:30pm warm-up)
- **1:45pm-** 80mH and 100mH Finals (1:15pm warmup)
- **2:15pm-** 800m Timed Finals (1:45pm warm-up)
- **2:30pm-** 80m & 100m Finals (2:00pm warm-up)
- **Officials Break**
- **3:30pm-** 300m & 400m Timed Finals (3:00pm warm-up)
- **4:15pm-** 150m & 200m Timed Finals (3:45pm warm-up)

SPECIFICATIONS FOR THROWING IMPLEMENTS (2016)

	MEN					<u>WOMEN</u>				
	U14	U16	U18	U20	SEN	U14	U16	U18	U20	SEN
Shot Put	3.00	4.00	5.00	6.00	7.26	3.00	3.00	3.00	4.00	4.00
Discus	0.75	1.00	1.50	1.75	2.00	0.75	1.00	1.00	1.00	1.00
Javelin	400g	600g	700g	800g	800g	400g	500g	500g	600g	600g
Hammer		4.00	5.00	6.00	7.26		3.00	3.00	4.00	4.00

Weight in kilograms except where noted otherwise