

### Final Schedule - Saturday July 9th

Event	Gender	Age	Heats	Event Time	Time	Event	Gender	Age	Time
80mH 27"	F	Master 60+	TSF	0:05	10:00				
80mH 30"	F	U14	TSF	0:05	10:05				
80mH 30"	F	U16	TSF	0:05	10:10				
100mH 30"	F	U18	TSF	0:05	10:15				
100mH 30"	F	U18 - Hep	Multi	0:05	10:20				
100mH 33"	F	U20 Senior, Canada Games - Hep	Multi	0:05	10:25	Long Jump	M	All	11:00
100mH 33"	F	Canada Games	TSF	0:10	10:30	Long Jump	M&F	Tetrathlon	12:30
110mH 42"	M	Canada Games	TSF	0:10	10:40	Long Jump	F	All	3:45
60m	M&F	Tetrathlon	Multi	0:20	10:50				
300m	F	U16	TSF	0:05	11:10				
300m	M	U16	TSF	0:10	11:15				
400m	F	U18,U20,Sen,Mas	TSF	0:10	11:25	Shot Put	F	All	10:30
400m	M	U18,U20,Sen,Mas	TSF	0:10	11:35	Shot Put	M	All	1:00
400m	F	Canada Games	TSF	0:05	11:45	Shot Put	M&F	Tetrathlon	11:30
400m	M	Canada Games	TSF	0:15	11:50	Shot Put	F	Hep	2:15
80m	F	U14	TSF	0:05	12:05				
80m	M	U14	TSF	0:05	12:10				
100m	F	U16,U18,U20,Sen,Mas	Heats	0:10	12:15	High Jump	F	Hep	11:45
100m	F	Special Olympics	Heats	0:05	12:25	High Jump	F	All	1:00
100m	F	Canada Games	Heats	0:10	12:30	High Jump	M	All	3:00
100m	M	U16,U18,U20,Sen,Mas	Heats	0:15	12:40				
100m	M	Special Olympics	Heats	0:05	12:55				
100m	M	Canada Games	Heats	0:10	13:00				

		Track Break		0:40	13:10				
600m	M&F	Tetrathlon	Multi	0:15	13:50	Javelin	F	ALL	3:00
1500m	F	U18,U20,Sen,Mas	TSF	0:10	14:05	Javelin	M	ALL	4:00
1500m	F	Canada Games	TSF	0:10	14:15				
1500m	M	U18,U20,Sen,Mas	TSF	0:10	14:25	Seated Javelin	M&F	ALL	1:00
1500m	M	Canada Games	TSF	0:15	14:35	Seated Discus	M&F	ALL	2:00
1200m	F	U16	TSF	0:10	14:50	Seated Shot Put	M&F	ALL	3:00
1200m	M	U16	TSF	0:10	15:00				
200m	F	Heptathlon	Multi	0:05	15:10				
100m	F	U16,U18,U20,Sen,Mas	Finals	0:15	15:15				
100m	F	Special Olympics	Finals	0:05	15:30				
100m	F	Canada Games	Finals	0:05	15:35				
100m	M	U16,U18,U20,Sen,Mas	Finals	0:15	15:40				
100m	M	Special Olympics	Finals	0:05	15:55				
100m	M	Canada Games	Finals	0:05	16:00				

**Final Schedule - Sunday July 10th**

5000m	F	Canada Games, Open	TSF	0:25	10:00				
5000m	M	Canada Games, Open	TSF	0:20	10:25				
3000mSC	F	U20,Senior, Canada Games	TSF	0:15	10:45	Long Jump	F	Heptathlon	10:30
2000mSC	F	U18	TSF	0:15	11:00	Triple Jump	F	All	11:15
2000mSC	M	U18	TSF	0:15	11:15	Triple Jump	M	All	12:30
1500mSC	M	U16	TSF	0:10	11:30	Discus	M	All	10:00
3000mSC	M	Canada Games	TSF	0:15	11:40	Javelin	F	Heptathlon	11:30
150m	F	U14	TSF	0:05	11:55	Discus	F	All	12:30
150m	M	U14	TSF	0:05	12:00	Hammer	F&M	All	2:30
200m	F	U16,U18,U20,Sen,Mas	Heats	0:15	12:05				

