

## 2023 ONTARIO INDOOR TRACK & FIELD SHOWCASE SCHEDULE OF EVENTS

Saturday, January 21, 2023

*(Rolling Schedule. Each event will start at the completion of the previous event)*

### 8:30 AM – COACHES MEETING @ THE FINISH LINE

9:00 AM - EVENT START TIME				
TRACK EVENTS	LONG JUMP (PIT 1)	LONG JUMP (PIT 2)	HIGH JUMP	SHOT PUT
400m	U9 Girls & U11 Girls	U9 Boys & U11 Boys	U17 Girls & U19 Girls	U15 Girls & U15 Boys
1200m	U13 Boys	U15 Boys	U17 Boys & U19 Boys	U13 Girls & U13 Boys
1500m	U17 Boys	U19 Boys	BREAK	U11 Girls & U11 Boys
60m (Heats or Finals)	BREAK	BREAK	U11 Girls, U13 Girls & U15 Girls	U9 Boys & U9 Girls
BREAK	U13 Girls	U15 Girls	U11 Boys, U13 Boys & U15 Boys	BREAK
60m Finals (if necessary)	U17 Girls	U19 Girls		U17 Girls
800m Timed Finals				U19 Girls
200m Timed Finals				U17 Boys
4 x 200m Relay Finals				U19 Boys

**Note:** Track Track / Event Break may last 30 - 60 minutes