

**District 10 Track and Field Championships**  
**Day 1 – Tuesday May 9th University of Guelph**

**Track** - Events will move ahead when possible. Athletes and coaches should monitor meet progress.

<b>Time</b>	<b>Event</b>	<b>Projected # of heats</b>
<b>10:00 am</b>	<b>2000m Steeplechase Final</b>	Open Girls (1) Open Boys (1)
<b>10:30 am</b>	<b>Sprint Hurdle Heats or Final</b> Should a final be required, please see advancement for sprints below.	80m Novice Girls (2) 80m Junior Girls (1) 100m Junior Girls (1) 100m Novice Boys (1) 100m Junior Boys (1) 110m Senior Boys (1)
<b>11:00 am</b>	<b>100m Semi-Finals</b> See advancement for sprints below.	Novice Girls (4) Novice Boys (4) Junior Girls (2) Junior Boys (3) Senior Girls (3) Senior Boys (5)
<b>12:00 pm</b>	<b>400m Timed finals</b> Accurate seed times help ensure everyone gets a positive competitive experience.	Novice Girls (2) Novice Boys (2) Junior Girls (2) Junior Boys (2) Senior Girls (2) Senior Boys (3)
<b>1:00 pm</b>	<b>Sprint Hurdle Finals if Required. Otherwise Track Break until 1:30 pm.</b>	
<b>1:30 pm</b>	<b>100m Finals</b> Depending on the number of Qualification heats, there may be an A and B final. Therefore some age groups will have 2 heats and some only 1. See coaches package for more details.	Novice Girls Novice Boys Junior Girls Junior Boys Senior Girls Senior Boys
<b>2:15 pm</b>	<b>Long Hurdles Finals or timed finals</b> Accurate seed times help ensure everyone gets a positive competitive experience.	Senior Boys 400m (1) Senior Girls 400m (1) Junior Girls 300m (1) Novice Girls 300m (1) Junior Boys 300m (1) Novice Boys 300m (1)
<b>3:00 pm</b>	<b>1500m Finals</b> In the very rare case that we will require 2 sections for an age group, the clerk of the course will do their best to ensure competitive sections.	Novice Girls Novice Boys Junior Girls Junior Boys Senior Girls Senior Boys
<b>4:00 pm</b>	<b>4 x 100m Timed Finals or Final</b>	Novice Girls (2) Novice Boys (2) Junior Girls (2) Junior Boys (2) Senior Girls (2) Senior Boys (2)

# District 10 Track and Field Championships

## Day 2 – Tuesday May 16th St. James CHS

**Track** - Events will move ahead when possible. Athletes and coaches should monitor meet progress.

<b>Time</b>	<b>Event</b>	<b>Projected # of heats</b>
<b>12:00 pm</b>	<b>800m Timed Finals</b> Accurate seed times help ensure everyone gets a positive competitive experience.	Senior Girls Senior Boys Junior Girls Junior Boys Novice Girls Novice Boys
<b>1:00 pm</b>	<b>200m Semi-Finals</b> See advancement for sprints in coaches package.	Senior Girls Senior Boys Junior Girls Junior Boys Novice Girls Novice Boys
<b>2:00pm</b>	<b>3000m Finals</b>	Senior Girls (1) Senior Boys (1) Junior Girls (1) Junior Boys (1)
<b>3:00 pm</b>	<b>200m Finals</b>	Senior Girls Senior Boys Junior Girls Junior Boys Novice Girls Novice Boys
<b>3:30 pm</b>	<b>3000m Finals</b>	Novice Girls Novice boys
<b>4:15 pm</b>	<b>4 x 400m Relay</b>	Open Girls (2) Open Boys (2)

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**Field Events** - Events will not run ahead of time, they will run as scheduled.

<b>Time</b>	<b>Long Jump</b>	<b>Triple Jump</b>	<b>High Jump</b>	<b>Javelin</b>	<b>Shot Put</b>
<b>10:00 am</b>	<b>Novice Boys</b>	<b>Senior Girls</b>	<b>Junior Boys</b>	<b>Junior Girls</b>	<b>Senior Boys</b>
<b>11:30 am</b>	<b>Novice Girls</b>	<b>Senior Boys</b>	<b>Junior Girls</b>	<b>Junior Boys</b>	<b>Senior Girls</b>
<b>1:00 pm</b>	<b>Junior Girls</b>	<b>Junior Boys</b>	<b>Senior Girls</b>	<b>Novice Girls</b>	<b>Novice Boys</b>
<b>2:30 pm</b>	<b>Senior Girls</b>	<b>Junior Girls</b>	<b>Senior Boys</b>	<b>Novice Boys</b>	<b>Junior Boys</b>

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<b>Time</b>	<b>Long Jump</b>	<b>Triple Jump</b>	<b>High Jump</b>	<b>Javelin</b>	<b>Discus</b>	<b>Shot Put</b>
<b>12:00 pm</b>	<b>Junior Boys</b>	<b>Novice Girls</b>	<b>Novice Boys</b>	<b>Senior Girls</b>	<b>Senior Boys</b>	<b>Novice Girls</b>
<b>1:30 pm</b>	<b>Senior Boys</b>	<b>Novice Boys</b>	<b>Novice Girls</b>	<b>Senior Boys</b>	<b>NB/JB</b>	<b>Junior Girls</b>
<b>3:00 pm</b>					<b>NG/JG/SG</b>	