

**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.

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

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

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

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