

2023 LEGION PROVINCIAL CHAMPIONSHIPS (JULY 7th & 8th)

Final

FRIDAY, JULY 7TH

TIME	TRACK	AGE GROUP	ROUND	TIME	FIELD	AGE GROUP
2:45 PM	100 mH	HEP F17		3:00 PM	Hammer	F15 - F17
3:00 PM	100m	OCT M17	Heats		Triple Jump	F17
3:15 PM	80 mH	F15			Javelin	M15-M17
	100 mH	F17 - M15	Heats	3:15 PM	High Jump	HEP F17
	110 mH	M17	Heats	3:45 PM	Long Jump	OCT M17
				4:00 PM	High Jump	F15 - F17
4:00 PM	1500 SC	F15 - M15	Timed Finals			
4:20 PM	2000 SC	F17 - M17	Timed Finals			
				4:30 PM	Hammer	M15 - M17
4:45 PM	80 mH	F15	Finals	4:30 PM	Shot Put	HEP F17
	100 mH	F17 - M15	Finals	4:45 PM	Triple Jump	M17
	110 mH	M17	Finals		Shot Put	OCT M17
5:15 PM	300 m	F15 - M15	Timed Finals	5:00 PM	Javelin	F15- F17
	400 m	F17 - M17	Timed Finals	5:30 PM	High Jump	M15
5:45 PM	1200 m	F15 - M15	Timed Finals			
	1500 m	F17 - M17	Timed Finals			
6:30 PM	200 m	HEP F 17				
	400 M	OCT M17				

SATURDAY JULY 8TH

8:30 AM OPENING CEREMONIES - ALL ATHLETES TO ATTEND

TIME	TRACK	AGE GROUP	ROUND	TIME	FIELD	AGE GROUP
9:00 AM	80 m H	PENT F15		9:00 AM	Long Jump	M15-M17
	100 mH	PENT M15			Triple Jump	F15
	110 mH	OCT M17			Discus	M15
9:30 AM	100 m	F15 - M15	Heats		Shot Put	F17
	100 m	F17 - M17	Heats	9:00 AM	Pole Vault	M15 - M17
10:15 AM	2000 m	F15 - M15	Finals	9:45 AM	High Jump	PENT F15
10:30 AM	3000 m	F17 - M17	Finals	10:15 AM	High Jump	OCT M17
11:00 AM	100 m	F15 - M15	Finals		Long Jump	PENT M15
11:10 AM	100 m	F17 - M17	Finals	10:15 AM	Discus	F15
11:20 AM	800 m	F15 - M15	Timed Finals		Shot Put	M17
11:40 AM	800 m	F17 - M17	Timed Finals		Long Jump	F17
					Long Jump	HEP F17
				11:00 AM	Shot Put	PENT M15
LUNCH BREAK ON THE TRACK				11:45 AM	Long Jump	F15
					Discus	M17
					Shot Put	PENT F15
					Shot Put	F15
1:00 PM	200 mH	F15 - M15	Timed Finals	LUNCH BREAK ON THE FIELD		
	400 mH	F17 - M17	Timed Finals	12:30 PM	Javelin	OCT M17
1:30 PM	1500m RW	F15 - M15	Timed Finals		Javelin	HEP F17
	3000m RW	F17 - M17	Timed Finals		High Jump	PENT M15
2:00 PM	200 m	F15 - M15	Timed Finals		Pole Vault	F15 - F17
2:20 PM	200 m	F17 - M17	Timed Finals	1:00 PM	Long Jump	PENT F15
2:45 PM	800m	PENT F15			Discus	F17
	800m	HEP F17			Shot Put	M15
3:00 PM	1000m	PENT M15		2:30 PM	High Jump	M17
	1000m	OCT M17			Triple Jump	M15