

OAC Twilight Meet #3 – Thursday June 22nd,

2023 Schedule

Track events:

Track events run youngest to oldest, female and then male (except Hurdles)

- 5:30pm: 1500m Steeplechase (U16)**
- 5:40pm: 1500m (U18, U20, Senior, Master W/M)**
- 5:50pm: 60m (U10G/B, U12G/B)**
- 6:00pm: 100m Hurdles (U20W, U16M, U18W)**
- 6:05pm: 80m Hurdles (U16W, 2009B, 2009G, 2010B/G)**
- 6:20pm: 60m Hurdles (U12B/G, U10G/B)**
- 6:40pm: 400m (U18, U20, Senior, Master W/M)**
- 6:50pm: 300m (U14, U16W/M)**
- 7:05pm: 600m (U9, U12G/B)**
- 7:15pm: 800m (U14 and up W/M)**
- 7:30pm: 100m (all age groups)**

Field events:

- 5:00pm: High Jump (all age groups)**
- 6:00pm: Long Jump (all age groups)**
- 5:00pm: Javelin (U12 and up)**
- 6:30pm: Discus (U12 and up)**

Please Note Age Groups:

U10: 2014 (9)

U12: 2013/2012 (10/11)

U14: 2011/2010 (12/13)

U16: 2009/2008 (14/15)

U18: 2007/2006 (16/17)

U20: 2005/2004 (18/19)

Senior: 2003-1989 (20 – 34)

Master: 1988+ (35+)

JD athletes (U10 – U14) are scored separately.