



# Ontario U16, U18, U20, & Open Combined Events and NXTCHAMP Invitational Competition Schedule



Saturday, June 24, 2023				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of athletes)
9:30	3000m	Timed Final	Women	All
	3000m	Timed Final	Men	All
10:00	100m	Decathlon	Men	U18 (6) – U20 (11)
10:05	100m	Decathlon	Men	Open (13)
10:25	100mH 0.840m/13/8.5	Pentathlon	Men	U16 (2)
11:05	100mH 0.762m/13/8.5	Heptathlon	Women	U18 (6)
11:15	80mH 0.762m/12/8.0	Pentathlon	Women	U16 (4)
11:20	100mH 0.840m/13/8.5	Heptathlon	Women	U20 (7) – Open (8)
11:30	200m	Timed Final	Women - Men	U16
	200m	Timed Final	Women - Men	U18
	200m	Timed Final	Women - Men	U20
	200m	Timed Final	Women - Men	SHOWCASE
	<b>Track Break</b>			
1:15	300mH	Timed Final	Women	U16
	300mH	Timed Final	Women	U18
	300mH	Timed Final	Men	U16
	400mH	Timed Final	Men	U20
	400mH	Timed Final	Women	U20
1:55	800m	Timed Final	Women	U16 & U20
	800m	Timed Final	Men	U16
	800m	Timed Final	Women	U18
	800m	Timed Final	Men	U18 & U20
	800m	Timed Final	Men	SHOWCASE
EST. 3:45	200m	Heptathlon	Women	U18 (6) – U20 (7) – Open (8)
EST. 4:25	800m	Pentathlon	Women	U16 (4)
EST. 4:30	400m	Decathlon	Men	U18 (6) – U20 (11) – Open (13)
EST. 4:45	1000m	Pentathlon	Boys	U16



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Saturday, June 24, 2022						
Field	Vertical Jumps	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws	Throws
9:30						
9:45						
10:00				U16/U18/U20	U16/U18/U20	
10:15	U16/U18/U20	Open		Women	Women	
10:30	Men	Women & Men		Long Jump	Javelin	
10:45	High Jump	Pole Vault		10:00	10:00	
11:00	10:15	10:15				
11:15						
11:30			Flight 1	Flight 2	U16/U18	U16/U18/U20
11:45			Men CE	Men CE	Women	Men
12:00			Long Jump	Long Jump	Shot Put	Javelin
12:15			Est. 11:30	Est. 11:30	11:30	11:30
12:30	Flight 1	Flight 2				
12:45	Women CE	Women CE				
1:00	High Jump	High Jump			Flight 1	Flight 2
1:15	Est. 12:30	Est. 12:30			Men CE	Men CE
1:30					Shot Put	Shot Put
1:45					Est. 1:00	Est. 1:00
2:00				U16/U18/U20		
2:15				Men		
2:30				Triple Jump		
2:45				2:00	Flight 1	Flight 2
3:00	Flight 1	Flight 2			Women CE	Women CE
3:15	Men CE	Men CE			Shot Put	Shot Put
3:30	High Jump	High Jump			Est. 2:30	Est. 2:30
3:45	Est. 3:00	Est. 3:00				
4:00				U16 Women		
4:15				Pentathlon		
4:30				Long Jump		
				Est. 3:45		

\*Start actual times of successive events in the combined events competition will be determined by the Referee and communicated to each athlete\*



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Sunday, June 25, 2022				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of athletes)
8:30	110m Hurdles 0.914m/13.72/9.14	Decathlon	Men	U18 (6)
8:35	110m Hurdles 0.990m /13.72/9.14	Decathlon	Men	U20 (11)
9:40	100m Wheelchair	Timed Final		
	100m	Prelim	Women	U16
	100m	Final	Men	U16
	100m	Prelim	Women	U18
	100m	Prelim	Men	U18
	100m	Final	Women	U20
	100m	Final	Men	U20
	100m	Final	Women	SHOWCASE
	100m	Prelim	Men	SHOWCASE
10:30	1500m	Timed Final	Women	U16 – U18 – U20
	1500m	Timed Final	Men	U16
	1500m	Timed Final	Men	U18
	1500m	Timed Final	Men	SHOWCASE
11:10	110m Hurdles 1.067m/13.72/9.14	Decathlon	Men	Open (12)
11:30	110mH	Final	Men	U20
	110mH	Final	Men	U18
	100mH	Final	Men	U16
	100mH	Final	Women	U20
	100mH	Final	Women	U18
	80mH	Final	Women	U16
	<b>Track Break</b>			
1:00	100m	Final	Women	U16
	100m	Final	Women – Men	U18
	100m	Final	Men	SHOWCASE
	100m	Extra Run	Women	All Ages
	100m	Extra Run	Men	All Ages
1:35	2000mSC	Timed Final	Women	SHOWCASE
	2000mSC	Timed Final	Men	SHOWCASE
2:05	80mH	Extra Run	Women	U16
	100mH	Extra Run	Women	U18
	100mH	Extra Run	Women	U20
	100mH	Extra Run	Men	U16
	110mH	Extra Run	Men	U18
	110mH	Extra Run	Men	U20
2:30	400m Wheelchair	Timed Final		
	400m	Timed Final	Women – Men	U16
	400m	Timed Final	Women – Men	U18
	400m	Timed Final	Women – Men	U20
	400m	Timed Final	Women – Men	SHOWCASE
EST. 3:00	800m	Heptathlon	Women	U18 (6) – U20 (7) – Open (8)
EST. 4:30	1500m	Decathlon	Men	U18 (6) – U20 (11)
Est. 5:00	1500m	Decathlon	Men	Open (12)



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Sunday, June 25, 2022							
Time	Verticals	Verticals	Horizontals	Throws	Throws		
9:00							
9:15					U18 & U20 Men Decathlon Discus Est. 9:15		
9:30							
9:45							
10:00	U16/U18/U20 Women High Jump 10:00	Runway open for warm-up	U16 & U20 Men Long Jump 10:00		U18/U20 Women & Men Discus 10:30		
10:15							
10:30							
10:45		U18 & U20 Men Decathlon Pole Vault Est. 10:45	All Ages Women Heptathlon Long Jump 11:30				
11:00							
11:15							
11:30							
11:45							
12:00							
12:15							
12:30					Decathlon Open Men Discus Est. 12:30		
12:45							
1:00							
1:15		Runway open for warm-up	U18 Men Long Jump 1:30	U18/U20 Men Shot Put 1:30	All Ages Women Heptathlon Javelin Est. 1:30		
1:30							
1:45							
2:00		Open Men Decathlon Pole Vault Est. 2:00					
2:15							
2:30							
2:45							
3:00					Decathlon U18 & U20 Men Javelin Est. 3:00		
3:15			U16/U18/U20 Women Triple Jump 3:15				
3:30							
3:45							
4:00							
4:15					Open Men Decathlon Javelin Est. 4:20		
4:30							
4:45							
4:00							

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