

**BC ATHLETICS**  
**2023 TRACK AND FIELD JAMBOREE**  
**U16, U18, U20, SENIOR, PARA & COMBINED EVENTS**  
**FINAL TRACK & COMBINED EVENTS SCHEDULE (July 5, 2023)**

**FRIDAY JULY 7, 2023**  
**TRACK**

4:30 pm	300m Semi Finals	Women U16 (17) 3 Heats
4:45 pm	300m Semi Finals	Men U16 (18) 3 Heats
5:00 pm	400m Semi Finals	Women U18 (15) 2 Heats
5:10 pm	400m Semi Finals	Men U18 (21) 3 Heats
5:25 pm	400m Semi Finals	Men U20 (16) 2 Heats
5:35 pm	400m Semi Finals	Men Sr. (11) 2 Heats
5:45 pm	1500m WC	Women & Men All
5:55pm	1500m RW	Women & Men U16
<b>6:10-6:40pm</b>	<b>Track Break</b>	
6:40 pm	1500m SC	Women U16
6:50 pm	1500m SC	Men U16
7:00 pm	2000m SC	Women U18
7:15 pm	3000m SC	Women U20, Sr.
7:30 pm	2000m SC	Men U18
7:45 pm	3000m SC	Men U20, Sr.
8:00 pm	5000m Final	Women U20, Sr.
8:25 pm	5000m Final	Men U20, Sr.

**SATURDAY JULY 8, 2023**  
**TRACK**

8:00 am	10,000m RW	Women & Men U20,Sr.
8:00 am	5000m RW	Women & Men U18
9:20 am	100m Dec	Men U18, U20, Sr
<b>9:25-9:35am</b>	<b>Hurdle Set Up</b>	
9:40am	80mH Pent	Women U16
9:45am	80mH Semi Finals	Women U16 (14) 2 Heats
9:55am	100mH Pent	Men U16
10:05 am	100mH Hep	Women U18,U20,Sr. 2 Heats
10:15am	100m Semi Finals	Women U16 (20) 3 Heats
10:30am	100m Semi Finals	Men U16 (22) 3 Heats
10:45am	100m Semi Finals	Women U18 (20) 3 Heats
11:00am	100m Semi Finals	Men U18 (24) 3 Heats
11:15am	100m Semi Finals	Women U20 (12) 2 Heats
11:25am	100m Semi Finals	Men U20 (13) 2 Heats
11:35am	100m Semi Finals	Women Sr. (9) 2 Heats
11:45am	100m Semi Finals	Men Sr. (18) 3 Heats
<b>12:00 – 12:25pm</b>	<b>Track Break</b>	
12:25pm	LAND ACKNOWLEDGEMENT & NATIONAL ANTHEM	
12:30 pm	300m Final	Women U16
12:35pm	300m Final	Men U16
12:40pm	400m Final	Women U18
12:45pm	400m Final	Men U18
12:50pm	400m Final	Women U20
12:55pm	400m Final	Men U20

1:00 pm	400m Final	Women Sr.
1:05 pm	400m Final	Men Sr.
1:10 pm	400m WC	Men & Women
<b>1:15-1:25pm</b>	<b>Hurdle Set Up</b>	
1:25pm	80mH Final	Women U16
1:30pm	100mH Final	Women U18
1:35 pm	100mH Final	Men U16
1:40 pm	100mH Final	Women U20
1:45 pm	100mH Final	Women Sr.
1:50 pm	110mH Final	Men U18
1:55 pm	110mH Final	Men U20
2:00 pm	110mH Final	Men Sr.
<b>2:05-2:25pm</b>	<b>Track Break</b>	
2:25pm	100m Final	Women U16
2:30 pm	100m Final	Men U16
2:35 pm	100m Final	Women U18
2:40 pm	100m Final	Men U18
2:45 pm	100m Final	Women U20
2:50 pm	100m Final	Men U20
2:55 pm	100m Final	Women Sr.
3:00 pm	100m Final	Men Sr.
3:05 pm	100m WC	Women & Men All
3:10pm	1200m Final	Women U16 (12) 1 Heat
3:20pm	1200m Final	Men U16 (23) 2 Heats
3:35pm	1500m Final	Women U18 (13) 1 Heat
3:45 pm	1500m Final	Men U18 (30) 2 Heats
3:55 pm	1500m Final	Women U20 (7) 1 Heat
4:05 pm	1500m Final	Men U20 (12) 1 Heat
4:15 pm	1500m Final	Women Sr. (4) 1 Heat
4:25 pm	1500m Final	Men Sr. (13) 1 Heat
4:40 pm	200m Hep	Women U18, U20, Sr
4:50 pm	800m Pent	Women U16
5:00 pm	400m Dec	Men U18, U20, Sr
5:05 pm	1000m Pent	Men U16

**SATURDAY MULTI EVENTS**

Approximate Time Schedule

**Decathlon (Men U18, U20, Sr.)**

9:20am	100m
10:45 am	Long Jump
1:00 pm	Shot Put
2:30 pm	High Jump
5:00 pm	400m

**Heptathlon (Women U18, U20, Sr.)**

10:05 am	100m Hurdles
11:00am	High Jump
2:00 pm	Shot Put
4:40 pm	200m

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**Pentathlon (Women U16)**

9:40 am	80m Hurdles
11:00 am	High Jump
1:30 pm	Long Jump
3:15pm	Shot Put
4:50 pm	800m

**Pentathlon (Men U16)**

9:55 am	100m Hurdles
10:45 pm	Long Jump
1:00 pm	Shot Put
2:45 pm	High Jump
5:05 pm	1000m

**SUNDAY JULY 9, 2023**

**TRACK**

9:00 am	110mH Dec	Men U18, U20, Sr.
9:10 am	2000m Final	Women U16 (9) 1 Heat
9:20 am	2000m Final	Men U16 (16) 1 Heat
9:30 am	3000m Final	Women U18 (9) 1 Heat
9:45 am	3000m Final	Men U18 (14) 1 Heat
10:00 am	200m Semi Finals	Women U16 (21) 3 Heats
10:15 am	200m Semi Finals	Men U16 (24) 3 Heats
10:30 am	200m Semi Finals	Women U18 (23) 3 Heats
10:45 am	200m Semi Finals	Men U18 (22) 3 Heats
11:00 am	200m Semi Finals	Women U20 (16) 2 Heats
11:10 am	200m Semi Finals	Men U20 (18) 3 Heats
11:25 am	200m Semi Finals	Women Sr. (9) 2 Heats
11:35 pm	200m Semi Finals	Men Sr. (13) 2 Heats
<b>11:40-12:20pm</b>	<b>Track Break</b>	
12:20 pm	300mH Final	Women U16
12:25 pm	300mH Final	Men U16
12:30 pm	400mH Final	Women U18
12:35 pm	400mH Final	Men U18
12:40 pm	400mH Final	Women U20,SR
12:45 pm	400mH Final	Men U20
12:50 pm	400mH Final	Men Sr.
<b>12:50-1:25pm</b>	<b>Track Break</b>	
1:25 pm	200m WC	Women & Men All
1:30 pm	200m Final	Women U16
1:35 pm	200m Final	Men U16
1:40 pm	200m Final	Women U18
1:45 pm	200m Final	Men U18
1:50 pm	200m Final	Women U20
1:55 pm	200m Final	Men U20
2:00 pm	200m Final	Women Sr.
2:05 pm	200m Final	Men Sr.
2:30 pm	800m WC	Women & Men All
2:40 pm	800m Final	Women U16 (12) 1 Heat

2:50 pm	800m Final	Men U16 (20) 2 Heats
3:05 pm	800m Final	Women U18 (13) 1 Heats
3:15 pm	800m Final	Men U18 (26) 2 Heat
3:25 pm	800m Final	Women U20 (9) 1 Heat
3:35 pm	800m Final	Men U20 (16) 1 Heat
3:45 pm	800m Final	Women Sr. (8) 1 Heat
3:55 pm	800m Final	Men Sr. (18) 2 Heats
4:05pm	800m Hep	Women U18, U20, Sr.
4:15 pm	1500m Dec	Men U18, U20, Sr.
4:25 pm	4x100m Relay*	Women All Ages
4:35 pm	4x100m Relay*	Men All Ages
4:44 pm	4x400m Relay*	Women All Ages
4:55 pm	4x400m Relay*	Men All Ages

\*exhibition event

**SUNDAY MULTI EVENTS**

**Approximate Time Schedule**

**Heptathlon (Women U18, U20, Sr.)**

10:00 am	Long Jump
1:45 pm	Javelin
4:05 pm	800m

**Decathlon (Men U18, U20, Sr.)**

9:00 am	110m Hurdles
10:00 am	Discus
11:30 am	Pole Vault
2:45 pm	Javelin
4:10 pm	1500m

**TRACK EVENTS ADVANCING STRAIGHT TO FINAL:**

- Women's U20 & SR 400m
- Women's U18, U20, Sr 100m Hurdles
- Men's U16 100m Hurdles
- Men's U18, U20, Sr 110m Hurdles