



2023 ONTARIO CUP FINAL SCHEDULE

9:00 AM - COACHES MEETING @ THE FINISH LINE

Track	2023 Ontario Cup Schedule Sunday, July 23, 2023	
Time	Event	# of Sections
09:30 AM	1200m	2
09:45 AM	1500m	3
10:15 AM	100m Heats	28
11:45 AM	400m	11
12:30 PM	Track Break	
01:15 PM	100m Finals	10
02:00 PM	800m	2
02:00 PM	200m	29
03:45 PM	4 x 100 Relay	2
04:15 PM	TEAM AWARDS	

- Events will begin at the conclusion of the previous event.
- 100m event will be run as a final if 8 or fewer athletes are “checked in” at the time of the event
- Races may be combined if 8 or fewer athletes are “checked in” at the time of the event



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Field	2023 Ontario Cup Schedule Sunday, July 23, 2023				
Time	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2	
9:00	Peewee Girls / Boys Long Jump (4)	Intermediate / Youth Boys Long Jump (14)	Mite Boys Shot Put (3)		
9:15			Youth / Intermediate Girls Long Jump (11)		Tyke Girls Shot Put (6)
9:30					Tyke Boys Shot Put (5)
9:45	Senior Girls Long Jump (8)				Atom Girls / Boys Shot Put (5)
10:00			Senior Girls Shot Put (4)		
10:15			Intermediate / Youth Girls Shot Put (5)		
10:30	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK		
10:45					
11:00					
11:15	Tyke Girls Long Jump (13)	Senior Boys Long Jump (11)			
11:30					
11:45					
12:00	Atom Girls / Boys Long Jump (11)	Tyke Boys Long Jump (7)		All Boys Discus Throw (5)	
12:15				Mite Boys Long Jump (5)	All Girls Discus Throw (7)
12:30					All Boys Javelin (3)
12:45	All Girls Javelin (7)				
1:00	Mite Girls Long Jump (5)				
1:15					
1:30					
1:45					
2:00					
2:15					
2:30					
2:45					
3:00					
3:15					
3:30					
3:45					
4:00					
4:15					
4:30					

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