

Canadian Masters Track and Field Championships Schedule - Final

Update Aug 10

Friday, August 11

	Womens Throws Pentathlon	Mens Throws Pentathlon	Womens Pethathlon	Mens Pentathlon
12:00	Hammer W45-69			
12:30	Hammer W70+			Long Jump
1:15	Shot Put W45-69	Hammer M50-69	80H	
1:45	Shot Put W70+	Hammer M70+		Javelin Throw
2:30	Discus Throw W45-69	Shot Put M50-69	High Jump	
3:00	Discus Throw W70+	Shot Put M70+		200
3:45	Javelin Throw W45-69		Shot Put	Discus Throw
4:15	Javelin Throw W70+	Discus Throw M50-69		
5:00		Discus Throw M70+	Long Jump	
5:15		Javelin Throw M50-69		
5:30	Weight Throw W45-69			1500
5:45		Javelin Throw M70+		
6:15	Weight Throw W70+		800	
6:45		Weight Throw M50-69		
7:15		Weight Throw M70+		

7:00	Mens and Womens 10000
------	-----------------------

Saturday, August 12

	Track	Field
7:30		Mens Hammer M40-69
8:00		Womens Shot Put, two circles - North Circle: W35-64 - South Circle: W65-74
8:15		Mens Hammer M70+
9:00	Womens 1500RW	Womens Shot Put, south Circle: W75+
9:15	Mens 1500RW	
9:30	Womens 1500	Mens Shot Put, north Circle: M65+ Womens Hammer W45-69
9:50	Mens 1500	
10:00		Mens Shot Put, south Circle: M60-64 Womens Long Jump W65+
10:25		Womens Hammer W70+
10:30	Mens 110H	
10:40	Mens 100H	
10:50	Womens 80H	
11:00		Mens Shot Put, north circle: M35-59 Womens Long Jump W45-64
11:10	Mens 80H	
11:20	Womens 100	Womens Discus W35-59
12:00	Mens 100	
12:25		Womens Discus W60-74
1:00		Mens and Womens Pole Vault
1:20	Mens 100 Finals	
1:30		Mens Long Jump M35-59
1:45	Womens 400	
2:15	Mens 400	
2:20		Womens Discus 75+
3:00		Mens Long Jump M60+
3:05		Mens Discus M35-54
3:15	Mens and Womens 2000SC	
3:45	Mens 3000SC	
3:50		Mens Discus M55-64
4:15	Mens and Womens 4x800	
4:45	Womens 4x100	
4:50		Mens Discus M65-74
5:00	Mens 4x100	
5:45		Mens Discus 75+

Sunday, August 13

	Track	Field
8:00		Womens Javelin Throw W40-64
9:00	Mens and Womens 5000RW	Womens Weight Throw W45-69
9:45		Womens Javelin Throw W65+
10:00	Womens 5000	Womens Triple Jump
10:30	Mens 5000	
11:00	Womens 200	Mens High Jump Womens Weight Throw W70+
11:30		Mens Javelin Throw M45-59
11:50	Mens 200	
1:00		Mens Javelin Throw M60-74 Womens High Jump Mens Weight Throw M35-69
1:25	Womens 800	
1:55	Mens 800	
2:00		Mens Triple Jump
2:45		Mens Weight Throw M70-79
2:55	Mens and Womens 400H	
3:00		Mens Javelin Throw M75+
3:05	Mens 300H	
3:15	Womens 300H	
3:25	Mens and Womens 200H	
3:35	Womens 4x400	
3:50	Mens 4x400	
4:00		Mens Weight Throw M80+