



Final Competition Schedule

2023 Fall Field Fest



Note: It is anticipated that this meet will run on time. The amount of time needed has been taken into consideration. If technical difficulties cause any delays it should be able to catch back up.

Note the events in the Girls Pentathlon are Sprint Hurdles, High Jump, Shot put, Long Jump, and 800 m.

The Boys/ Men in the Pentathlon are from out of province and will be contesting Long Jump, Javelin, 200 m, Discus, and 1500 m.

TRACK EVENTS – Sunday September 17				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of Athletes)
9:30	200 m	Timed Final	Women	Open [1 heat]
9:35	200 m	Timed Final	Men	Open [2 heats]
10:00	80 m Hurdles	Prelims	B/G	U10-U12 [1 heat]
10:10	80 m Hurdles	Prelims	G	U14 + U16 Pentathlon [1 heat]
10:20	100 m Hurdles	Prelims	G	U18 + U18 Pentathlon [1 heat]
10:30	110 m Hurdles	Prelims	B	U20 [1 heat]
10:50	1000 m	Timed Final	B/G	Open [1 combined heat]
11:00	5000 m Racewalk	Timed Final	Men	All categories [1 heat]
11:50	80 m Hurdles	Prelims	B/G	U10-U12 [1 heat]
12:00	80 m Hurdles	Prelims	G	U14 [1 heat]
12:10	100 m Hurdles	Prelims	G	U18 [1 heat]
12:20	110 m Hurdles	Prelims	B	U20 [1 heat]
12:35	200 m	Timed Final	Men	Pentathlon [1 heat]
12:45	400 m	Timed Final	Women	Open [1 heat]
12:50	400 m	Timed Final	Men	Open [1 heat]
TRACK BREAK/ LUNCH BREAK (Track only)				
1:05	Terry Fox Lap	Walk/run/jog a lap in honour of Terry Fox		
1:30	100 m	Prelims	Women	Open [1 heat]
1:35	100 m	Prelims	Men	U8-U11 [1 heat] U14-Open [2 heats]
1:55	200 m Hurdles	Timed Final	B/G	All categories [1 heat]
2:05	400 m Hurdles	Timed Final	Girls	U18 [1 heat]
2:15	300 m Hurdles	Timed Final	Boys Men	U16 + Masters [1 combined heat]
2:30	100 m	Finals	Women	Open [1 heat]
2:35	100 m	Finals	Men	U8-U11 [1 heat] U14-Open [2 heats]
*TBD	800 m	Pentathlon	Girls	U16
*TBD	1500 m	Pentathlon	Boys Masters	U18 Men

Note: All Sprint Hurdles and 100 m competitors will get to run both Prelims and Finals

Pentathlon Boys 1500 m and Pentathlon Girls 800 m will be run after the 100 m finals.

Revised: Friday, September 15, 2023



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FIELD EVENTS – Sunday, September 17						
Time	Horizontal Jumps	High Jump	Pole Vault	Discus/ Hammer	Javelin	Shot put (Gravel Circle)
9:00				All Hammer		
9:15				9:00 am		
9:30	Boys Long Jump 1			Liam Biesinger Ryan Garrett Jake Wolters		Girls Shot put 1
9:45	9:30 am					9:30 am
10:00	Ethan Martens Aiden Gow					Leah Pascoli Leah Sandel
10:15	Tyrique Woodside Shayan Ali Marko Ristov Arren Young			Shannon Dundas Diana Squires Hunter Smith Patricia Corcoran Lucille Green		Saige Burbick Selma Sljoka Stephanie Reisler Adri Rowswell Laura Calovini
	+ Pentathlon Alexandre Bussieres Gezim Dimnaku					+ Georgios Stergiopoulos
10:30			No Pole vault due to Javelin competition			
10:45	Girls Long Jump 1			Girls Discus 1	Boys Javelin 1	
11:00	10:45 am			10:45 am	10:45 am	
11:15	Noelia McBride Leah Pascoli			Leah Sandel Saige Burbick Shannon Dundas	Ethan Martens Rakesh Rajakulathilakan Aidan Leary	
11:30	Sophia Tzvetkov Emily Miarecki Anastasiia Bilous Maya Greene Abby Dupuis			Selma Sljoka Hunter Smith Patricia Corcoran Adri Rowswell	Carson Gauthier Charlie Cosburn Nicolas Soltys Aidan Crawford	
11:45					Erik Tyler Lee Kucera Ward Hazen	
12:00		Pentathlon Girls 12:00 pm Isla Bibby Parker Van Krimpen Charlotte Berner Reece Dunne		Boys Discus 1 12:00 pm Anderson Heidman Rakesh Rajakulathilakan Abdulrahman Ramos Aidan Leary Georgios Stergiopoulos	+ Pentathlon Alexandre Bussieres Gezim Dimnaku	
12:15				Nicolas Bucek Charlie Cosburn Nicolas Soltys Eugene Kang Nathan Lamont		
12:30		Plus: Girls High Jump 1 Madison Kwofie			Girls Javelin 1	
12:45		Plus: Men High Jump 1 Ward Hazen			12:30 pm Leah Sandel Saige Burbick Selma Sljoka Barb Dabrowski Adri Rowswell	



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Time	Long Jump	High Jump	Pole Vault	Discus/ Hammer	Javelin	Shot put (Gravel Circle)
1:00			Mixed Pole Vault 1			
1:15	Mixed Triple Jump 1		1:00 pm (Start warm ups immediately after javelin)	Boys Discus 2 1:30 pm		Pentathlon Girls 1:15 pm
1:30	Justin Martens Olorunfemi Akinduro Steve Baldamus Matthew Chow Anastasiia Bilous		Henry Knafelc Simon Bolhous Chase Owen Thomas Brittain	Aidan Crawford Brayden King Liam Biesinger Ryan Garrett Mike Ransky Jake Wolters Randy Kipfer Shahrad Nasajpour		Parker Van Krimpen Charlotte Berner Reece Dunne
1:45						
2:00						
2:15						
2:30	Pentathlon Girls 2:30 pm					Boys Shot put 1 2:15 pm
2:45	Isla Bibby Parker Van Krimpen Charlotte Berner Reece Dunne			+ Pentathlon Alexandre Bussieres Gezim Dimnaku		Rakesh Rajakulathilakan Aidan Leary Liam Biesinger Nicolas Bucek Charlie Cosburn Jake Wolters Steve Baldamus Nathan Lamont
3:00						
3:15						
3:30						
3:45						
4:00						