

OAC Twilight Meet #4 – Thursday October 12th,

2023 Schedule

Track events:

Track events run youngest to oldest, female and then male

- 5:00pm: 400m (U18, U20, Senior, Master)**
- 5:15pm: 300m (U14, U16)**
- 5:30pm: 1 Mile (U16, U18, U20, Senior, Master)**
- 5:40pm: 200m (2012 and up)**
- 5:50pm: 4x100m relay (All age groups)**
- 6:00pm: 4x800m relay (Masters)**
- 6:15pm: 100m (All age groups)**

Field events:

- 4:30pm: Hammer**
- 5:00pm: Shot Put (all age groups)**
- 5:00pm: High Jump (all age groups)**
- 5:00pm: Triple Jump (2010 and up)**
- 5:30pm: Long Jump (all age groups)**
- 5:30pm: Discus (U12 and up)**
- 5:30pm: Pole Vault (2010 and up)**

Please Note Age Groups:

U10: 2014 (9)

U12: 2013/2012 (10/11)

U14: 2011/2010 (12/13)

U16: 2009/2008 (14/15)

U18: 2007/2006 (16/17)

U20: 2005/2004 (18/19)

Senior: 2003-1989 (20–34)

Master: 1988+ (35+)

JD athletes (U10 – U14) are scored separately.