



JACK BROW MEMORIAL + BC MASTERS CHAMPIONSHIPS

2024 SCHEDULE – TENTATIVE

| BIRTH YEAR | AGE | AGE GROUP | GENDERS | ABBREVIATION |
|------------|-------------|-----------|--------------|--------------|
| 2015 | 9 years | U10 | Girls + Boys | G/B |
| 2014 | 10 years | U12 | Girls + Boys | G/B |
| 2013 | 11 years | U12 | Girls + Boys | G/B |
| 2012 | 12 years | U14 | Girls + Boys | G/B |
| 2011 | 13 years | U14 | Girls + Boys | G/B |
| 2010-2009 | 14-15 years | U16 | Women + Men | W/M |
| 2008-2007 | 16-17 years | U18 | Women + Men | W/M |
| 2006-2005 | 18-19 years | U20 | Women + Men | W/M |
| 2004 -1990 | 20-34 years | Senior | Women + Men | W/M |
| 1989- | 35+ | Masters | Women + Men | W/M |

FRIDAY, JUNE 28TH

FIELD EVENTS:

| THROWS PENTATHLON – MASTERS WOMEN + MEN | | |
|---|--------------|--------------|
| TIME | WOMEN | MEN |
| 4:00pm | Hammer | |
| 5:00pm | Shot Put | Hammer |
| 5:45pm | Discus | Shot Put |
| 6:30pm | Javelin | Discus |
| 7:15pm | Weight Throw | Javelin |
| 8:00pm | | Weight Throw |

TRACK EVENTS:

| TIME | EVENT | COMMENT | AGE GROUP(S) |
|--------|----------------------------------|--------------|-------------------------------|
| 5:30pm | 300m | Timed Finals | U16 W/M |
| 5:45pm | 400m | Timed Finals | U18, U20, Senior, Masters W/M |
| 6:10pm | 1500m Steeplechase (no water) | Timed Finals | U16 W/M |
| 6:20pm | 2000m Steeplechase | Timed Finals | U18 W/M |
| 6:35pm | 3000m Steeplechase | Timed Finals | U20 - Senior W/M |

TIMES ARE APPROXIMATE. EVENTS MAY START UP TO 30 MINUTES EARLY.

SATURDAY, JUNE 29th

FIELD EVENTS:

| TIME | HIGH JUMP | LONG JUMP (PIT A) | LONG JUMP (PIT B) | SHOT PUT (PIT A/B) | DISCUS | JAVELIN | HAMMER | POLE VAULT |
|---------|------------|----------------------|----------------------|-----------------------|------------------|--------------|------------------|---|
| 8:00am | 2012 G | 2013 B | 2013 G | 2014 B (A) 2014 G | 2011 G, U16 W | | | |
| 8:45am | | | | U18,U20, SNR M (B) | | | | |
| 9:00am | 2012 B | 2011 B | 2012 G | | 2013 B, U16 M | 2011, 2012 G | | |
| 10:00am | 2015 G | 2012 B | 2011 G | MAST M (B) | SNR, MAST W | 2013, 2014 G | | |
| 10:30am | | | | | | | | 2011,U16, U18, U20, MAST W, MAST M |
| 11:00am | 2015 B | | U16 W | 2013 B (A) | U18, U20 M | U20, SNR W | | |
| 11:30am | | U20, SNR, MAST M | | | | | | |
| 12:00pm | U16, SNR M | | | 2012 G 2013 G | U18, U20 W | U16 W | | |
| 12:30pm | | | SNR, MAST W | | | | | |
| 1:00pm | 2014 G | | | | | U20, SNR M | 2012 B 2010 B | |
| 1:30pm | | U18 M | | | | | | |
| 2:00pm | 2014 B | | | 2015 G/B | SNR, MAST Men | MAST W | | |
| 2:30pm | | U16 M | U18 W U20 W | | | | | |
| 3:00pm | 2011 B | | | 2012 B | | MAST M | 2011 G 2012 G | |
| 4:30pm | 2011 G | | | | | U16 M | | |

MASTERS WEIGHT THROW – HAMMER CAGE

| | |
|---------------|---------------|
| 4:00pm | Masters Women |
| 5:00pm | Masters Men |

SATURDAY, JUNE 29th

TRACK EVENTS:

| TIME | EVENT | COMMENT | AGE GROUP(S) |
|---------|---------------------------|-------------------------------|---|
| 8:00am | 2000m | Timed Finals | 2011 G/B, U16 W/M |
| 8:25am | 3000m | Timed Finals | U18, U20 , Masters W/M |
| 9:00am | 110m Hurdles | Timed Finals | Senior, Masters (35-49), U20, U18 M |
| 9:15am | 100m Hurdles | Timed Finals | Masters M (50-59) |
| 9:20am | 100m Hurdles | Timed Finals | Masters W (35-39), Senior, U20 W, U16 M |
| 9:30am | 100m Hurdles | Timed Finals | U18 W |
| 9:40am | 100m Hurdles | Timed Finals | Masters M (60-69) |
| 9:50am | 80m Hurdles | Timed Finals | Masters M (70-79), Masters W (50-59) |
| 9:55am | 80m Hurdles | Timed Finals | Masters (40-49), U16 W |
| 10:10am | 80m Hurdles | Timed Finals | 2011 B |
| 10:15am | 80m Hurdles | Timed Finals | 2011 G |
| 10:30am | 80m Hurdles | Timed Finals | 2012 G/B |
| 10:50am | 60m Hurdles | Timed Finals | 2013 G/B |
| 11:05am | 60m Hurdles | Timed Finals | 2014 G/B |
| 11:20am | 60m Hurdles | Timed Finals | 2015 G/B |
| 11:30am | 60m | Heats (finals if only 1 heat) | Masters W/M |
| 11:45am | LUNCH | | |
| 12:15pm | 60m | Timed Finals | 2015 G/B |
| 12:25pm | 60m | Timed Finals | 2014 G/B |
| 12:40pm | 60m | Timed Finals | 2013 G/B |
| 12:45pm | 60m | Finals | Masters W/M |
| 1:00pm | 200m | Timed Finals | 2013 G/B |
| 1:00pm | 200m | Timed Finals | 2012 G/B |
| 1:20pm | 200m | Timed Finals | 2011 G/B |
| 1:30pm | 200m | Timed Finals | U16 W |
| 1:40pm | 200m | Timed Finals | U16 M |
| 1:50pm | 200m | Timed Finals | U18 W/M |
| 2:00pm | 200m | Timed Finals | U20 W/M |
| 2:10pm | 200m | Timed Finals | Senior, Masters W/M |
| 2:30pm | 600m | Timed Finals | 2015-2013 G/B |
| 2:50pm | 800m | Timed Finals | 2012-2011 G/B |
| 3:00pm | 800m | Timed Finals | U16 W/M |
| 3:15pm | 800m | Timed Finals | U18 W/M |
| 3:25pm | 800m | Timed Finals | U20, Senior, Masters W/M |
| 4:00pm | 4 x 100m Relays | Timed Finals | All Ages W/M |
| 4:30pm | 4 x 100m Family Fun Relay | Timed Finals | All Ages |

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SUNDAY, JUNE 30th

FIELD EVENTS:

| TIME | HIGH JUMP | LONG JUMP (PIT A) | TRIPLE JUMP (PIT B) | SHOT PUT | DISCUS | JAVELIN | HAMMER |
|---------|-------------------|----------------------|--------------------------------|----------------------|----------------------------|------------------|-------------------------|
| 8:00am | 2013 G | | | | | | |
| 8:45am | | | | | 2012 B 2012 G | | |
| 9:00am | | | U16, U18, U20 M | U16 M, U20, SNR W | | | |
| 9:45am | U18, U20 SNR W | | | | 2014 G | | |
| 10:00am | | | | U16, U18 W | | 2013 B 2014 B | |
| 10:15am | | | MAST M/W | | | | SNR, MAST W |
| 10:45am | 2013 B | 2015 G 2015 B | | | | | |
| 11:15am | | | | | | | SNR, MAST M |
| 11:45am | | 2014 B | | 2011 G 2011 B | | 2011 B 2012 B | |
| 12:00pm | U18, U20 M | | | | | | |
| 12:30pm | | | | | 2013 G 2014 B 2011 B | U18 W U18 M | |
| 1:00pm | | 2014 G | U18, SNR W | | | | |
| 1:30pm | U16 W | | | MAST W | | | U16 M U16 W |
| 2:30pm | MAST W | | 2011 B 2011 G U16, U20 W | | | | U18, U20 M U18,U20 W |
| 3:30pm | MAST M | | | | | | |

SUNDAY, JUNE 30th

TRACK EVENTS:

| TIME | EVENT | COMMENT | AGE GROUP(S) |
|---------|-----------------|----------------------------------|---|
| 8:00am | 5000m | Timed Finals | U20, Senior, Masters W/M |
| 8:30am | 1000m | Timed Finals | 2015-2013 G/B |
| 8:45am | 1200m | Timed Finals | 2012-2011 G/B |
| 8:55am | 1200m | Timed Finals | U16 W/M |
| 9:10am | 1500m | Timed Finals | U18 W/M |
| 9:25am | 1500m | Timed Finals | U20 W/M |
| 9:30am | 1500m | Timed Finals | Senior W/M |
| 9:40am | 1500m | Timed Finals | Masters W/M |
| 10:00am | 100m | Timed Finals | 2015 G/B |
| 10:10am | 100m | Timed Finals | 2014 G/B |
| 10:25am | 100m | Timed Finals | 2013 G/B |
| 10:40am | 100m | Timed Finals | 2012 G/B |
| 10:55am | 100m | Timed Finals | 2011 G/B |
| 11:10am | 100m | Heats (finals if only 1 heat) | U16 W/M |
| 11:20am | 100m | Heats (finals if only 1 heat) | U18 W/M |
| 11:35am | 100m | Heats (finals if only 1 heat) | U20 W/M |
| 11:45am | 100m | Heats (finals if only 1 heat) | Senior W/M |
| 11:55am | 100m | Heats (finals if only 1 heat) | Masters W/M |
| 12:15pm | | LUNCH | |
| 12:30pm | | Lollipop Run - 5 years and under | |
| 12:45pm | | Run, Jump, Throw – 6-8 years | |
| 1:00pm | 400m Hurdles | Timed Finals | Masters M (35-49), Senior, U20 M |
| 1:15pm | 400m Hurdles | Timed Finals | Masters M (50-59), U18 M |
| 1:25pm | 400m Hurdles | Timed Finals | Masters W (35-49), Senior, U20, U18 W |
| 1:40pm | 300m Hurdles | Timed Finals | Masters M (60-69), Masters W (50-59), U16 W/M |
| 2:00pm | 200m Hurdles | Timed Finals | 2011 G/B |
| 2:10pm | 200m Hurdles | Timed Finals | 2012 G/B |
| 2:15pm | 100m | Finals | U16 – Masters W/M |
| 2:30pm | 300m | Timed Finals | 2012, 2011 G |
| 2:40pm | 300m | Timed Finals | 2012, 2011 B |
| 3:00pm | 4 x 400m Relays | Timed Finals | Masters, Senior, U20, U18 W/M |

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