

2024 RCL District B Track and Field Schedule - JUNE 15 (R20240604)**Athletes check in 15 minutes prior to event start time.**

Time	Track Event	Round	Age Group
8:30 AM	2000 m Steeple Chase	final	U18 B 33"; G 30"
8:50 AM	1500 m Steeple Chase	final	U16 B 30"; G 30"
9:15 AM OPENING CEREMONIES			
9:30 AM	80 m Hurdles 30" (12m/7.5m)	finals - timed	U14 G
9:35 AM	80 m Hurdles 30" (12m/7.5m)	finals - timed	U14 B
9:40 AM	80 m Hurdles 30" (12m/7.5m)	finals - timed	U16 G
9:50 AM	100m Hurdles 30" (12m/8 m)	finals - timed	U18 G
10:00 AM	100m Hurdles 33" (13m/8.5m)	finals - timed	U16 B
10:10 AM	110 m Hurdles 36" (13.72/9.14)	finals - timed	U18 B
10:20 AM	1200 m	final	U14 G + U16 G
10:30 AM	1200 m	final	U14 B+ U16 B
10:40 AM	1500 m	final	U18 G
10:50 AM	1500 m	final	U 18 B
11:00 AM	80 m ONTARIO FASTEST KID	FINALS	U13 G and B
11:15 AM	80 m	heats	U14 G and B
11:25 AM	100 m	heats	U16 G and B
11:40 AM	100 m	heats	U18 G and B
11:55 AM	100 m	finals	Para G and B
12:05 PM	300 m	timed sections	U14 G and B
12:15 PM	300m	timed sections	U16 G and B
12:25 PM	400 m	timed sections	U18 G and B
12:35 PM	400 m	timed sections	Para G and B
12:45 PM	80 m and 100 m	finals	U14 G-B; U16 G-B; U18 G- B
LUNCH BREAK @ 12:45			
1:30 PM	200 m Hurdles 30"	timed sections	U14 G and U14 B
1:40 PM	200 m Hurdles 30"	timed sections	U16 G and U16 B
2:00 PM	400 m Hurdles 30" & 33"	timed sections	U18 G and U18 B
2:15 PM	2000 m	timed sections	U14 G and U16 G
2:30 PM	2000 m	timed sections	U14 B and U16 B
2:45 PM	3000 m	timed sections	U18 G
3:00 PM	3000 m	timed sections	U18 B
3:15 PM	150 m	timed sections	U14 G and B
3:25 PM	200 m	timed sections	U16 G and B
3:40 PM	200 m	timed sections	U18 G and B
4:05 PM	200 m	timed sections	Para G and B
4:15 PM	800 m	timed sections	U14 G and B
4:30 PM	800 m	timed sections	U16 G and B
4:45 PM	800 m	timed sections	U18 G and B
5:00 PM	800 m	timed sections	Para G and B
5:10 PM	1500m RW	final	U14 G and B, U16 G and B
5:25 PM	3000m RW	final	U18 G and B

2024 RCL District B Track and Field Schedule - JUNE 15 (R20240402)**Athletes check in 15 minutes prior to event start time.**

Time	Field Event	Age Group
9:00 AM	Discus	U14 G 750 g; U16 G, U18 G; 1 kg
9:00 AM	Shot Put	U14 B 3 kg; U16 B 4 kg; U18 B 5 kg
9:00 AM	High Jump	U14 G; U16 G; U18 G
9:00 AM	Triple Jump	U14 B; U16 B; U18 B
9:00 AM	Long Jump	U14 G
10:30 AM	Pole Vault	U16 G; U18 G; U16 B; U18 B
10:30 AM	Discus	U14 B 750g; U16 B 1 kg; U18 B 1.5 kg
10:30 AM	Shot Put	U14 G; U16 G; U18 G 3 kg
10:30 AM	Long Jump	U18 B
10:30 AM	Triple Jump	U14 G; U16 G; U18 G
LUNCH BREAK AT 12:00		
1:00 PM	Javelin	U14 G 400g; U16 G 500g ; U18 G 500g
1:00 PM	Long Jump	U 16 G and U18 G
1:00 PM	High Jump	U14 B; U16 B; U18 B
2:30 PM	Javelin	U14 B 400g; U16 B 600g; U18 B 700g
2:30 PM	Long Jump	U14 B; U16 B
2:30 PM	other field events as required	
4:00 PM	Hammer	U16 G 3kg; U16 B 4kg; U18 G 3kg; U18 B 5 kg