

RCL - DISTRICT 'D' 2024 QUALIFIER MEET TENTATIVE SCHEDULE

Saturday June 15, 2024 – Toronto Track and Field Centre

	Track Events	Field Events	Field Events
9:00		9:00	
9:30		9:30	
10:00	80-110m Hurdles	10:00 Long Jump All Ages	
10:30	U16, U18	10:30 High Jump All Ages	Discus All Ages
11:00	100m Sections All Ages	11:00	
11:30	1200m and 1500m All Ages	11:30	Shot Put All Ages
12:10	300m, 400m Sections All Ages	12:10	
12:30	Steeplechase U16,U18	12:30	LUNCH LUNCH
1:00	LUNCH	1:00	Triple Jump All Ages Pole Vault U-16, U18
1:30	200m,300m, 400m hurdles U-16, U18	1:30	Javelin All Ages
2:00	200m Sections All Ages	2:00	
2:30	800m All Ages	2:30	
3:15	2000m, 3000m U-16, U18	3:15	

EVENTS MAY BEGIN UP TO 30 MINUTES AHEAD OF SCHEDULE, PLEASE LISTEN FOR ANNOUNCEMENTS

ONLY THREE THROWS/JUMPS PER FIELD EVENT

CHECK IN PROCEDURE:

TRACK EVENTS

Athletes must check in to the ATHLETES TABLE 30 min. prior to start of Race

FIELD EVENTS

Athletes check in at EVENT SITE before the start of first trial.

Failure to check in will result in a scratch from the event.

7mm max spike length for all events except High Jump and Javelin which are max 9mm spike length. Pyramid Spikes only, no needle or Christmas tree spikes.