

2024 Atlantic Canadian Track & Field Championships
Saturday July 27th - Beazley Field



| Time | Track | Entries | Round | Field Events | | |
|-------|----------------------------|-----------|---------|--------------|-----------------|--------|
| 12:00 | 80mH F/M – U14 30” | | Prelims | 12:00 | Hammer | M/F |
| 12:05 | 80mH F – U16 30” | | Prelims | 1:30 | Long Jump | Female |
| 12:10 | 100mH F – U18 30” | | Prelims | 2:00 | High Jump | Male |
| 12:15 | 100mH F – U20, Open 33” | | Prelims | 2:45 | Shot Put | Female |
| 12:20 | 100mH F – U18 30” | | Prelims | 4:00 | High Jump | Female |
| 12:25 | 100mH M- U16 33” | | Prelims | 4:00 | Long Jump | Male |
| 12:35 | 110mH M- U18 36” | | Prelims | 4:15 | Shot Put | Male |
| 12:40 | 110mH M – U20 39” | | Prelims | | | |
| 12:45 | 110mH M – Open 42” | | Prelims | 1:15 | Seated Shot Put | M/F |
| 12:50 | 80mH F/M – U14 30” | | Finals | 2:00 | Seated Discus | M/F |
| 13:00 | 80mH F – U16 30” | | Finals | 2:45 | Seated Javelin | M/F |
| 13:05 | 100mH F – U18 30” | | Finals | | | |
| 13:10 | 100mH F – U20, Open 33” | | Finals | | | |
| 13:15 | 100mH M- U16 33” | | Finals | | | |
| 13:20 | 110mH M- U18 36” | | Finals | | | |
| 13:25 | 110mH M – U20 – 39” | | Finals | | | |
| 13:30 | 110mH M – Open 42” | | Finals | | | |
| 13:40 | 400m F U18-20,Open, Mas. | | Finals | | | |
| 14:00 | 400m M U18-20,Open, Mas. | | Finals | | | |
| 14:20 | 300m F – U16 | | Finals | | | |
| 14:30 | 300m M - U16 | | Finals | | | |
| 14:40 | 100m F – All | | Prelims | | | |
| 15:05 | 100m M – All | | Prelims | | | |
| 15:30 | Track Break | | | | | |
| 16:10 | 1500m F- U18-20, Open, Mas | | Finals | | | |
| 16:25 | 1500m M- U18-20, Open, Mas | | Finals | | | |
| 16:35 | 1500m Race Walk | | Finals | | | |
| 16:50 | 1200m F - U14-16 | | Finals | | | |
| 17:00 | 1200m M - U14-16 | | Finals | | | |
| 17:05 | 80m F/M – U14 | No Blocks | Finals | | | |
| 17:10 | 100m F – U16 | | Finals | | | |
| 17:15 | 100m F - U18 | | Finals | | | |
| 17:20 | 100m F - U20, Open, Mas | | Finals | | | |
| 17:25 | 100m M – U16 | | Finals | | | |
| 17:30 | 100m M – U18 | | Finals | | | |
| 17:35 | 100m M - U20, Open, Mas | | Finals | | | |
| 17:45 | 4x100m Relay F - All | | Finals | | | |
| 17:55 | 4x100m Relay M - All | | | | | |
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Sunday July 28th - Beazley Field

| Time | Track | Entries | Round | Field Events | | |
|-------------|--------------------------------|----------------|--------------|---------------------|------------------------|--------|
| 10:00 | 5000m Mixed & 5000m RW | | Finals | 10:00 | Javelin | Male |
| 10:20 | 1500m SC – M/F U16 | No water | Finals | 11:30 | Triple Jump | Male |
| 10:30 | 1500m SC – M/F U16 | No water | Finals | 12:00 | Discus | Female |
| 10:40 | 2000m SC-F- U18 | | Finals | 1:00 | Triple Jump | Female |
| 10:50 | 3000m SC-F- U20, Open ,Mas | | Finals | 1:30 | Discus | Male |
| 11:00 | 2000m SC-M- U18 | | Finals | 11:00 | Long Jump - Tetrathlon | M/F |
| 11:15 | 3000m SC-M- U20,Open,Mas | | Finals | 12:00 | Shot Put - Tetrathlon | M/F |
| 11:30 | 60m F/M Tetrathlon (1) | No Blocks | Multi | 3:30 | Javelin | Female |
| 11:35 | 150m F – U14 | No Blocks | Finals | | | |
| 11:40 | 150m M – U14 | No Blocks | Finals | | | |
| 12:05 | 200m F- U16-20, Open, Mas | | Prelims | | | |
| 12:35 | 200m M – U16-20, Open, Mas | | Prelims | | | |
| 12:50 | 3000m F – All | | Finals | | | |
| 13:05 | 3000m M - All | | Finals | | | |
| 13:20 | 2000m F – U16 | | Finals | | | |
| 13:30 | 2000m M – U16 | | Finals | | | |
| 13:40 | Track Break | | | | | |
| 14:15 | 600m - Tetrathlon (4) | | Multi | | | |
| 14:25 | 200m F – U16 | | Finals | | | |
| 14:30 | 200m F – U18 | | Finals | | | |
| 14:35 | 200m F – U20, Open, Mas | | Finals | | | |
| 14:40 | 200m M – U16 | | Finals | | | |
| 14:45 | 200m M – U18 | | Finals | | | |
| 14:55 | 200m M – U20, Open, Mas | | Finals | | | |
| 15:05 | 800m F – All | | Finals | | | |
| 15:20 | 800m M- All | | Finals | | | |
| 15:35 | 200mh F – U14-16 30" | | Finals | | | |
| 15:40 | 200mh M – U14-16 30" | | Finals | | | |
| 15:50 | 400mh F - U18, U20, Open. 30" | | Finals | | | |
| 16:05 | 400mh M - U18 33" | | Finals | | | |
| 16:10 | 400mh M- U20, Open 36" | | Finals | | | |
| 16:25 | 1600m Medley (400-200-200-800) | | Finals | | | |
| 16:40 | 1600m Medley (400-200-200-800) | | Finals | | | |
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