

**2024 LEGION PROVINCIAL CHAMPIONSHIPS (JULY 12th & 13th) Final**

**FRIDAY, JULY 12TH**

TIME	TRACK	AGE GROUP	ROUND	TIME	FIELD	AGE GROUP
2:45 PM	100 mH	HEP F18		3:00 PM	Triple Jump	F18
3:00 PM	100m	OCT M18	Heats	3:16 PM	High Jump	HEP F18
3:16 PM	80 mH	F16		3:30 PM	Javelin	M16-M18
	100 mH	F18 - M16	Heats	3:45 PM	Long Jump	OCT M18
	110 mH	M18	Heats			
4:00 PM	1500 SC	F16 - M16	Timed Finals			
4:20 PM	2000 SC	F18 - M18	Timed Finals			
				4:00 PM	High Jump	F16 - F18
4:45 PM	80 mH	F16	Finals	4:30 PM	Shot Put	HEP F18
	100 mH	F18 - M16	Finals	4:45 PM	Triple Jump	M18
	110 mH	M18	Finals		Shot Put	OCT M18
5:16 PM	300 m	F16 - M16	Timed Finals	5:00 PM	Javelin	F16- F18
	400 m	F18 - M18	Timed Finals	5:30 PM	High Jump	M16
5:45 PM	1200 m	F16 - M16	Timed Finals			
	1500 m	F18 - M18	Timed Finals			
6:30 PM	200 m	HEP F 18				
	400 M	OCT M18				

**SATURDAY JULY 13TH**

**8:30 AM OPENING CEREMONIES - ALL ATHLETES TO ATTEND**

TIME	TRACK	AGE GROUP	ROUND	TIME	FIELD	AGE GROUP
9:00 AM	80 m H	PENT F16		9:00 AM	Long Jump	M16-M18
	100 mH	PENT M16			Triple Jump	F16
	110 mH	OCT M18			Discus	M16
9:30 AM	100 m	F16 - M16	Heats		Shot Put	F18
	100 m	F18 - M18	Heats	9:00 AM	Pole Vault	M16 - M18
10:16 AM	2000 m	F16 - M16	Finals	9:45 AM	High Jump	PENT F16
10:30 AM	3000 m	F18 - M18	Finals	10:16 AM	High Jump	OCT M18
11:00 AM	100 m	F16 - M16	Finals		Long Jump	PENT M16
11:10 AM	100 m	F18 - M18	Finals	10:16 AM	Discus	F16
11:20 AM	800 m	F16 - M16	Timed Finals		Shot Put	M18
11:40 AM	800 m	F18 - M18	Timed Finals		Long Jump	F18
					Long Jump	HEP F18
				11:00 AM	Shot Put	PENT M16
LUNCH BREAK ON THE TRACK				11:45 AM	Long Jump	F16
					Discus	M18
					Shot Put	PENT F16
					Shot Put	F16
1:00 PM	200 mH	F16 - M16	Timed Finals	LUNCH BREAK ON THE FIELD		
	400 mH	F18 - M18	Timed Finals	12:30 PM	Javelin	OCT M18
1:30 PM	1500m RW	F16 - M16	Timed Finals		Javelin	HEP F18
	3000m RW	F18 - M18	Timed Finals		High Jump	PENT M16
2:00 PM	200 m	F16 - M16	Timed Finals		Pole Vault	F16 - F18
2:20 PM	200 m	F18 - M18	Timed Finals	1:00 PM	Long Jump	PENT F16
2:45 PM	800m	PENT F16			Discus	F18
	800m	HEP F18			Shot Put	M16
3:00 PM	1000m	PENT M16		2:30 PM	High Jump	M18
	1000m	OCT M18			Triple Jump	M16