



**VVAC Winter Season Opener - January 5th, 2025**

**Variety Village Athletic Club**

[www.varietyonario.ca](http://www.varietyonario.ca)

## Sunday January 5<sup>th</sup>, 2025

<b>9:00am</b>	<b>1500m</b>	<b>Women followed by Men</b>
<b>9:30am</b>	<b>50m Hurdle</b>	<b>Timed Final Combined</b>
<b>9:40am</b>	<b>50m Heats</b>	<b>Women (First Round)</b>
<b>9:50am</b>	<b>50m Heats</b>	<b>Men (First Round)</b>
<b>10:10am</b>	<b>400m</b>	<b>Women followed by Men</b>
<b>10:40am</b>	<b>50m Final</b>	<b>(Finals) Women</b>
<b>10:50am</b>	<b>50m Final</b>	<b>(Finals) Men</b>
<b>11:10am</b>	<b>800m</b>	<b>Women followed by Men</b>
<b>11:25am</b>	<b>3000m</b>	<b>Men</b>
<b>11:40am</b>	<b>200m</b>	<b>Women</b>
<b>12:00pm</b>	<b>200m</b>	<b>Men</b>

ALL TIMED SECTIONS WILL BE RUN FROM FAST TO SLOW

EVENTS MAY RUN (5 Mins) AHEAD OF SEHEDULE

ALL 50m ATHLETES WILL HAVE 2 RUNS