

ST ALBERT CHALLENGE

Saturday - Track Schedule

Time	Event	Category	Entries	Number of Heats	Time per heat
9:00 AM	Racewalk	Open	2w, 2m	1	
9:30	1500 m Steeplechase	U16 M	5	1	7
9:40	2000m Steeple	U18 M	6	1	10
10:00	3000 m Steeplechase	Open M	1	1	15
10:20	80mh - timed finals	U14 W - 27"	10	2	3
10:28		U14 M - 27"	1	1	3
10:32	80mH - heats	U16 W - 30"	5	1	3
10:36	100mH - Heats	U18 W - 30"	5	1	3
10:39		Open W - 33"	4	1	3
10:42		U16 M - 33"	3	1	3
10:45	110mH - Heats	U18 M - 36"	1	1	3
10:48		U20 M - 39"	1	1	3
10:51		Open M - 42"	3	1	3
11:00	15 MIN BREAK				
11:15	1000m	U14 W	18	2	5
11:26		U14 M	7	1	5
11:31	1200m	U16 W	11	1	5
11:36		U16 M	4	1	5
11:41	1500m	U18 W	2	1	6
11:47		U18 M	3	1	6
11:53		Open W	4	1	6
11:59		Open M	9	1	6
12:05 PM		Para	2	1	8
12:14	80mH - FINALS	U16 W - 30"		1	3
12:17	100mH - FINALS	U18 W - 30"		1	3
12:20		Open W - 33"		1	3
12:23		U16 M - 33"		1	3
12:26	110mH - FINALS	U18 M - 36"		1	3
12:29		U20 M - 39"		1	3
12:32		Open M - 42"		1	3
12:35	Lunch on the track				
1:05	60m - timed finals	U10 G	15	2	3

1:11		U10 B	4	1	3
1:14	60m - timed finals	U12 G	22	3	3
1:23		U12 B	14	2	3
1:30	80M - timed finals	U14 G	32	4	3
1:43		U14 B	7	1	3
1:50	100m Heats	U16 W	22	3	3
2:02		U16 M	13	2	3
2:08		U18 W	15	2	3
2:14		U18 M	14	2	3
2:21		Open W	7	1	3
2:25		Open M	24	3	3
2:37		Para M/W	8	2	3
3:10	15 Min Break				
3:25	300m	U12 G	22	3	3
3:34		U12 B	14	2	3
3:40		U16 W	10	2	3
3:46		U16 M	4	1	3
3:51	400m	U18 W	11	2	3
3:57		U18 M	8	1	3
4:00		Open W	2	1	3
4:06		Open M	7	1	3
4:09	100m Finals	U16 W		1	3
4:12		U16 M		1	3
4:15		U18 W		1	3
4:18		U18 M		1	3
4:21		Open W		1	3
4:24		Open M		1	3
4:30	4x100m	U10 G		2	
		U12 G		5	
		U12 B		1	
		U12 Mixed		1	
		U14 G		6	
		U14 Mixed		2	
		U18 M		1	

ST ALBERT CHALLENGE

Sunday - Track Schedule

Time	Track	Category	Entries	Number of Heats	Time per heat
9:00 AM	5000m	Open M	1	1	20
9:20	3000m	U18 W	3	1	15
9:35		U18 M	2	1	15
9:50	2000m	U16 W	2	1	10
10:00		U16 M	3	1	10
10:25	15 Min Break				
10:45	150m timed final	U12 G	19	3	3
10:54		U12 B	13	2	3
11:03		U14 G	33	5	3
11:18		U14 B	9	2	3
11:25	200m timed finals	Para	4	1	3
11:28		Para Ambulatory	3	1	3
11:37	200m heats	U16 W	18	3	3
11:46		U16 M	10	2	3
11:52		U18 W	20	3	3
12:01		U18 M	12	2	3
12:07		Open W	2	1	3
12:10		Open M	17	3	3
12:21	Lunch				
12:50	200mH timed final	U14 W - 27"	5	1	4
12:54		U14 M - 27"	2	1	4
12:58		U16 W - 30"	3	1	4
1:02		U16 M - 30"	1	1	4
1:08	400mH timed final	U18 W - 30"	3	1	4
1:12		U18 M - 33"	1	1	4
1:16		Open W - 30"	2	1	4
1:22	300m	U10 G	15	2	5
1:32		U10 B	4	1	5
1:37	600m	U12 G	19	2	5
1:47		U12 B	13	2	5
2:00	800m	U14 G	21	2	5
2:10		U14 B	9	1	5

2:15		U16 W	10	1	5
2:20		U16 M	7	1	5
2:25		U18 W	7	1	5
2:30		U18 M	7	1	5
2:35		Open W	5	1	5
2:40		Open M	5	1	5
3:20	15 Min Break				
3:35	200m Finals	U16 W		1	3
3:38		U16 M		1	3
3:41		U18 W		1	3
3:44		U18 M		1	3
3:47		Open W		1	3
3:50		Open M		1	3
4:05	Medley (200-100-100-400)	U12 G		3	
		U12 B		1	
		U14 G		3	
		U14 B		1	
		U14 Mixed		2	