



Tentative Schedule - Saturday July 4th

Event	Gender	Age	Heats	Time	Event	Gender	Age	Time
80mH 30"	F&M	U14	TSF	10:00				
80mH 30"	F	U16	TSF	10:05				
80mH 30"	F	U16 - Pent	Multi	10:10				
100mH 30"	F	U18 - Hep	TSF	10:20	Long Jump	M	All	11:00
100mH 33"	F	U20 Senior, Canada Games - Hep	Multi	10:25	Long Jump	M	Pent	12:30
100mH 33"	F	U20, Senior, Masters	TSF	10:30	Long Jump	M&F	Tetrathlon	12:30
100mH 33"	F	Canada Games	TSF	10:35	Long Jump	F	Pent	3:15
100mH 33"	M	U16 - Pent	Multi	10:40	Long Jump	F	ALL	3:45
100mH 33"	M	U16	TSF	10:45				
110mH 36"	M	U18	TSF	10:55	Shot Put	F	All	10:30
110mH 39"	M	U20	TSF	11:00	Shot Put	M	All	1:00
110mH 42"	M	Senior	TSF	11:05	Shot Put	M&F	Tetrathlon	11:45
110mH 42"	M	Canada Games	TSF	11:10	Shot Put	F	Pent, Hep	2:15
60m	M&F	Tetrathlon	Multi	11:20	Shot Put	M	Pent	3:30
300m	F	U16	TSF	11:40				
300m	M	U16	TSF	11:45	High Jump	F	Pent, Hep	1:15
400m	F	U18,U20,Sen,Mas	TSF	11:50	High Jump	F	All	1:45
400m	M	U18,U20,Sen,Mas	TSF	12:05	High Jump	M	All	3:00
400m	F	Canada Games	TSF	12:20	High Jump	M	Pent	4:30
400m	M	Canada Games	TSF	12:35				
400m	M&F	Canada Games Wheelchair	TSF	12:50				
80m	F	U14	TSF	12:55				
80m	M	U14	TSF	13:00	Javelin	F	ALL	3:00

100m	F	U16,U18,U20,Sen,Mas	Heats	13:05	Javelin	M	ALL	4:00
100m	F	Special Olympics	Heats	13:20				
100m	F	Canada Games	Heats	13:25	Seated Discus	M&F	ALL	1:30
100m	M	U16,U18,U20,Sen,Mas	Heats	13:35	Seated Shot Put	M&F	ALL	2:45
100m	M	Special Olympics	Heats	13:50				
100m	M	Canada Games	Heats	13:55				
100m	F&M	Canada Games Wheelchair	Heats	14:05				
600m	M&F	Tetrathlon	Multi	14:10				
		Track Break		14:25				
1500m	F	U18,U20,Sen,Mas	TSF	14:50				
1500m	F	Canada Games	TSF	15:10				
1500m	M	U18,U20,Sen,Mas	TSF	15:30				
1500m	M	Canada Games	TSF	15:50				
1200m	F	U16	TSF	16:10				
1200m	M	U16	TSF	16:20				
800m	F	Pentathlon	Multi	16:30				
200m	F	Heptathlon	Multi	16:35				
100m	F	U16,U18,U20,Sen,Mas	Finals	16:40				
100m	F	Special Olympics	Finals	16:55				
100m	F	Canada Games	Finals	17:00				
100m	M	U16,U18,U20,Sen,Mas	Finals	17:05				
100m	M	Special Olympics	Finals	17:20				
100m	M	Canada Games	Finals	17:25				
100m	F&M	Canada Games Wheelchair	Finals	17:30				
1000m	M	Pentathlon	Multi	17:35				
Tentative Schedule - Sunday July 5th								
5000m	F	Canada Games, Open	TSF	10:00				

5000m	M	Canada Games, Open	TSF	10:25				
3000mSC	F	U20,Senior, Canada Games	TSF	10:45	Long Jump	F	Heptathlon	10:30
3000mSC	M	Senior, Canada Games	TSF	11:00	Triple Jump	F	All	11:15
2000mSC	M	U18	TSF	11:15	Triple Jump	M	All	12:30
2000mSC	F	U18,U20	TSF	11:30	Discus	M	All	10:00
1500mSC	F & M	U16	TSF	11:45	Javelin	F	Heptathlon	11:30
150m	F	U14	TSF	11:55	Discus	F	All	12:30
150m	M	U14	TSF	12:00	Hammer	F&M	All	2:30
200m	F	U16,U18,U20,Sen,Mas	Heats	12:05				
200m	F	Special Olympics	Heats	12:20				
200m	F	Canada Games	Heats	12:25				
200m	F&M	Wheelchair	Heats	12:35				
200m	M	U16,U18,U20,Sen,Mas	Heats	12:40				
200m	M	Special Olympics	Heats	12:55				
200m	M	Canada Games	Heats	13:00				
800m	F	Heptathlon	Multi	13:10				
2000m	F	U16	TSF	13:15				
2000m	M	U16	TSF	13:25				
3000m	F	U18, U20, Senior, Masters	TSF	13:35				
3000m	M	U18, U20, Senior, Masters	TSF	13:45				
		Track Break		14:00				
200m	F	U16,U18,U20,Sen,Mas	Final	14:30				
200m	F	Special Olympics	Final	14:45				
200m	F	Canada Games	Final	14:50				
200m	F&M	Wheelchair	Final	15:00				
200m	M	U16,U18,U20,Sen,Mas	Final	15:05				
200m	M	Special Olympics	Final	15:20				
200m	M	Canada Games	Final	15:25				
800m	F	U16,U18,U20,Sen,Mas	TSF	15:35				

800m	F	Canada Games	TSF	15:50				
800m	M	U16,U18,U20,Sen,Mas	TSF	16:05				
800m	M	Canada Games	TSF	16:20				
200mH	F	U16	TSF	16:30				
200mH	M	U16	TSF	16:35				
400mH	F	U18,Senior,Master,Canada Games	TSF	16:40				
400mH	M	U18	TSF	16:45				
400mH	M	Senior, Master, Canada Games	TSF	16:50				