

Saturday June 14th, 2025

Track Events

TIME	TRACK EVENT	AGE GROUP	GENDER
10:00am 10:30am	<i>80m, 100m & 110m Hurdles Timed Finals</i> U16 Girls 80m 30" U18 Girls 100m 30" U16 Boys 100m 33" U18 Boys 110m 36"	U16 Girls U18 Girls U16 Boys U18 Boys	Male &Female
11:00am	100m Sectioned Timed Finals	U16 Girls U16 Boys U18 Girls U18 Boys	Male &Female
11:45am	1200m and 1500m Sectioned Timed Finals	ALL AGES	Male &Female
12:15pm	300m and 400m Sectioned Timed Finals	ALL AGES	Male &Female
12:30pm	1500m Steeplechase No Water Jump 30" U16Girls/ U16 Boys	U16	Male &Female
12:45pm	2000m Steeplechase Water Jump 30" & 33" U18 Girls / U18 Boys	U18	Male &Female
1:00pm	LUNCH Fastest kid in Ontario Qualifer	U12	Male &Female
1:30pm	<i>200m and 400m Hurdles Timed Finals</i> U16 Girls & Boys 200m 30" U18 Girls 400m 30" U18 Boys 400m 33"	U16 Girls U16 Boys U18 Girls U18 Boys	Male &Female
2:00pm	200m Sectioned Timed Finals	ALL AGES	Male &Female
2:30pm	800m Sectioned Timed Finals	ALL AGES	Male &Female
3:15pm	2000m and 3000m Sectioned Timed Finals	ALL AGES	Male &Female

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Field Events

TIME	FIELD EVENT	AGE GROUP	GENDER
10:00am	Long Jump	ALL AGES	Male &Female
10:30am	High Jump	ALL AGES	Male &Female
	Discus	ALL AGES	
11:30am	Hammer Throw	ALL AGES	Male &Female
	Shot Put	ALL AGES	
1:00pm	Triple Jump	ALL AGES	Male &Female
	Pole Vault	ALL AGES	
1:30pm	Javelin	ALL AGES	Male &Female