

R.C.L. DISTRICT "A" CHAMPIONSHIPS 2025

Friday June 20th & Saturday June 21st

Track

Field

Friday, June 20th

6:00 pm

U16 Girls & Boys 1500 m Steeplechase (30")
Final (combined)
U18 Girls 2000 m Steeplechase (30") Final
U18 Boys 2000 m Steeplechase (33") Final

6:30 pm

U16 Girls 80 m Hurdle (30") Timed Final
U18 Girls 100 Hurdle (30") Timed Final
U16 Boys 100 m Hurdle (33") Timed Final
U18 Boys 110 m Hurdle (36") Timed Final

7:00 pm

U16 Girls 300 m Timed Final
U18 Boys 300 m Timed Final
U16 Girls 400 m Timed Final
U18 Boys 400 m Timed Final

7:30 pm

U16 Girls 1200 m Final
U16 Boys 1200 m Final
U18 Girls 1500 m Final
U18 Boys 1500 m Final

6:00pm

Girls Triple Jump (U14, U16, U18)
U18 Boys Javelin (700 g)
U16, U18 Girls Hammer (3 kg)

7:00pm

Boys Triple Jump (U14, U16, U18)
U18 Girls Javelin (500 g)
U16 (4kg), U18 (5 kg) Boys Hammer

Saturday, June 21st

9:00am - Opening Ceremonies

9:30am

U14 Girls 1200 m Final
U14 Boys 1200 m Final
U16 Girls 2000 m Final
U16 Boys 2000 m Final
U18 Girls 3000 m Final
U18 Boys 3000 m Final

10:30am

U12 Girls 100 m Heats/Final
U12 Boys 100 m Heats/Final
U14 Girls 100 m Heats/Final
U14 Boys 100 m Heats/Final
U16 Girls 100 m Heats/Final
U16 Boys 100 m Heats/Final
U18 Girls 100 m Heats/Final
U18 Boys 100 m Heats/Final

11:15am

U12 Girls 300 m Timed Final
U12 Boys 300 m Timed Final
U14 Girls 300 m Timed Final
U14 Boys 300 m Timed Final

9:15am

U12 Girls Long Jump
U18 Girls High Jump
U14 Boys Shot Put (3 kg)
U16 Boys Javelin (600 g)
U18 Boys Discus (1.5 kg)

10:00am

U12 Boys Long Jump
U18 Boys High Jump
U14 Girls Shot Put (3 kg)
U16 Girls Javelin (500 g)
U18 Girls Discus (1 kg)
U18/U16 Boys Pole Vault

10:45am

U14 Girls Long Jump
U16 Girls High Jump
U18 Boys Shot Put (5 kg)
U16 Boys Discus (1 kg)

11:30am

U12 Boys & Girls Ball Throw
U16 Girls Discus (1 kg)
U18 Girls Shot Put (3 kg)
U14 Boys Long Jump
U16 Boys High Jump

Lunch Break

1:00pm

U16 Girls 200 m Hurdle (30") Timed Final
U16 Boys 200 m Hurdle (30") Timed Final
U18 Girls 400 m Hurdle (30") Timed Final
U18 Boys 400 m Hurdle (33") Timed Final

1:30pm

100m Finals As Necessary

1:45pm

U14 Girls 800 m Final
U14 Boys 800 m Final
U16 Girls 800 m Final
U16 Boys 800 m Final
U18 Girls 800 m Final
U18 Boys 800 m Final

2:15pm

U12 Girls 200 m Timed Final
U12 Boys 200 m Timed Final
U14 Girls 200 m Timed Final
U14 Boys 200 m Timed Final
U16 Girls 200 m Timed Final
U16 Boys 200 m Timed Final
U18 Girls 200 m Timed Final
U18 Boys 200 m Timed Final

1:00pm

U14 Girls High Jump
U16 Girls Long Jump
U14 Boys Discus (.75 kg)
U16 Boys Shot Put (4 kg)
U18/U16 Girls Pole Vault

1:45pm

U14 Girls Discus (.75 kg)
U16 Girls Shot Put (3 kg)
U14 Boys High Jump
U16 Boys Long Jump

2:15pm

U18 Girls & Boys Long Jump