



**Final Schedule - Saturday July 5th**

Event	Gender	Age	Heats	Time	Event	Gender	Age	Time
80mH 30"	F	U14 & Masters	TSF	10:00				
80mH 30"	F	U16 & U16 Pent	TSF/Multi	10:05				
100mH 30"	F	U18 & U18 Hep	TSF/Multi	10:15	Long Jump	M	U14, U18, Sen. Masters	10:00
100mH 33"	F	Canada Games - & CG Hep	TSF/Multi	10:20	Long Jump	F	U14, U16, Senior	11:30
100mH 33"	M	U16 & U16 Pent	TSF/Multi	10:25	Long Jump	M	U16 & CG	1:30
110mH 36"	M	U18	TSF	10:35	Long Jump	F	U18 & CG	4:15
110mH 42"	M	Canada Games	TSF	10:40	Long Jump	M&F	Pent	3:30
60m	M&F	Tetrathlon	Multi	10:55				
300m	F	U14 & U16	TSF	11:25				
300m	M	U14 & U16	TSF	11:35	Shot Put	F	All	10:30
400m	F	U18	TSF	11:50	Shot Put	M	All	12:30
400m	F	Canada Games	TSF	11:55	Shot Put	M&F	Pent, Hep	2:15
400m	M	U18	TSF	12:00				
400m	M	Canada Games	TSF	12:10	High Jump	M&F	Pent, Hep	11:15
3000mRW	M	U18 & Masters	TSF	12:30	High Jump	F	All	1:45
80m	F	U14	TSF	12:55	High Jump	M	All	3:45
100m	F	U16	Heats	13:00				
100m	F	U18	Heats	13:10	Javelin	F	ALL	2:00
100m	F	U20, Senior, Masters	Heats	13:15	Javelin	M	ALL	4:00
100m	F	Canada Games	Heats	13:25				
100m	M	U16	Heats	13:30	Shot Put	M	Tetrathlon	11:45
100m	M	U18	Heats	13:40	Shot Put	F	Tetrathlon	1:15
100m	M	U20, Senior, Masters	Multi	13:55	Long Jump	F	Tetrathlon	11:45

100m	M	Canada Games	Heats	14:05	Long Jump	M	Tetrathlon	1:15
		Track Break		14:20				
600m	F	Tetrathlon	Multi	15:00				
600m	M	Tetrathlon	Multi	15:15				
1500m	F	U18,U20,Sen,Mas	TSF	15:20				
1500m	F	Canada Games	TSF	15:30				
1500m	M	U18,U20,Sen,Mas	TSF	15:40				
1500m	M	Canada Games	TSF	15:50				
1200m	F	U16	TSF	16:00				
1200m	M	U16	TSF	16:10				
200m	F	Heptathlon	Multi	16:20				
100m	F	U16	Finals	16:25				
100m	F	U18	Finals	16:30				
100m	F	U20, Senior, Masters	Finals	16:35				
100m	F	Canada Games	Finals	16:45				
100m	M	U16	Finals	16:50				
100m	M	U18	Finals	16:55				
100m	M	U20, Senior, Masters	Finals	17:00				
100m	M	Canada Games	Finals	17:10				
1000m	M	Pentathlon	Multi	17:15				
800m	F	Pentathlon	Multi	17:25				
<b>Final Schedule - Sunday July 6th</b>								
5000m	M&F	Open	TSF	10:00				

5000m	F	Canada Games	TSF	10:25				
5000m	M	Canada Games	TSF	10:45	Long Jump	F	Heptathlon	10:30
1500mSC	F	U16	TSF	11:15	Triple Jump	F	All	11:30
1500mSC	M	U16	TSF	11:25	Triple Jump	M	All	2:00
2000mSC	F	U18	TSF	11:35				
3000mSC	F	Canada Games	TSF	11:50	Discus	M	U20, Master, CG	10:00
2000mSC	M	U18	TSF	12:10	Javelin	F	Heptathlon	11:30
3000mSC	M	Canada Games	TSF	12:30	Discus	M	U14-U18	11:30
150m	F	U14	TSF	12:45	Discus	F	All	1:00
150m	M	U14	TSF	12:50	Hammer	F&M	All	3:00
200m	F	U16,U18,	Heats	12:55				
200m	F	U20, Senior ,Masters	Heats	13:15				
200m	F	Canada Games	Heats	13:20				
200m	M	U16, U18	Heats	13:25				
200m	M	U20, Senior, Masters	Heats	13:45				
200m	M	Canada Games	Heats	13:55				
800m	F	Heptathlon	Multi	14:05				
2000m	F	U16	TSF	14:10				
2000m	M	U16	TSF	14:20				
3000m	F	U18, Senior	TSF	14:35				
3000m	M	U18	TSF	14:55				
		Track Break		15:10				
200m	F	U16,U18,	Final	15:45				
200m	F	U20, Senior ,Masters	Final	15:55				
200m	F	Canada Games	Final	16:00				
200m	M	U16,U18,	Final	16:05				
200m	M	U20, Senior ,Masters	Final	16:15				
200m	M	Canada Games	Final	16:25				
800m	F	U16,U18,U20,Sen,Mas	TSF	16:40				

