



**2026 FLYING ANGELS INTERNATIONAL
TRACK & FIELD CHAMPIONSHIPS
July 3-5, 2026**

Revised June 16, 2026

Location	Terry Fox Track and Field Stadium, 9050 Bramalea Rd, Brampton, Ontario, L6S 6H1																													
Sanctioning bodies	World Athletics, Athletics Ontario																													
Hosted by	Flying Angels Track Club																													
Facility	Outdoor 8-lane track used for competition The indoor track has an oval and straightaway, and access to two long jump and triple jump pits																													
Entry Information	Online Registration is through trackie.com using the following link: www.Trackie.com/Event/2026FlyingAngelsInternational																													
Entry Deadline	Friday, June 26, 2026 @ 11:59 pm \$20 per individual event; \$30 per relay																													
Late Entry Deadline	Tuesday, June 30, 2026 @ 11:59 pm \$30 per individual event; \$40 per relay No entries are allowed after the late entry deadline.																													
Enquiries	track@flyingangels.ca																													
Athlete Eligibility	Athletes may represent their country, association, club, school, or community at this meet Athletes may also participate as unattached																													
Age Divisions	The athlete's division is based on their <u>year</u> of birth. ie) Their age on December 31, 2026: <table><tr><td>Under 8</td><td>(Born 2019 & Younger)</td></tr><tr><td>Under 9</td><td>(Born 2018)</td></tr><tr><td>Under 10</td><td>(Born 2017)</td></tr><tr><td>Under 11</td><td>(Born 2016)</td></tr><tr><td>Under 12</td><td>(Born 2015)</td></tr><tr><td>Under 13</td><td>(Born 2014)</td></tr><tr><td>Under 14</td><td>(Born 2013)</td></tr><tr><td>Under 15</td><td>(Born 2012)</td></tr><tr><td>Under 16</td><td>(Born 2011)</td></tr><tr><td>Under 18</td><td>(Born 2009 & 2010)</td></tr><tr><td>Under 20</td><td>(Born 2007 & 2008)</td></tr><tr><td>Open</td><td>(Born 2006 & older)</td></tr><tr><td>Masters 35+</td><td>(Born 1991 & older)</td></tr><tr><td>Parents & Coaches</td><td>(Born 1995 & older)</td></tr></table>		Under 8	(Born 2019 & Younger)	Under 9	(Born 2018)	Under 10	(Born 2017)	Under 11	(Born 2016)	Under 12	(Born 2015)	Under 13	(Born 2014)	Under 14	(Born 2013)	Under 15	(Born 2012)	Under 16	(Born 2011)	Under 18	(Born 2009 & 2010)	Under 20	(Born 2007 & 2008)	Open	(Born 2006 & older)	Masters 35+	(Born 1991 & older)	Parents & Coaches	(Born 1995 & older)
Under 8	(Born 2019 & Younger)																													
Under 9	(Born 2018)																													
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Under 11	(Born 2016)																													
Under 12	(Born 2015)																													
Under 13	(Born 2014)																													
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Under 15	(Born 2012)																													
Under 16	(Born 2011)																													
Under 18	(Born 2009 & 2010)																													
Under 20	(Born 2007 & 2008)																													
Open	(Born 2006 & older)																													
Masters 35+	(Born 1991 & older)																													
Parents & Coaches	(Born 1995 & older)																													
Sprints	60m	Parents & Coaches																												
	100m	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open, Masters																												
	200m	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open																												
	400m	U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open																												
Distance	800m	U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open																												
	1200m	U10, U11																												
	1500m	U12, U13, U14, U15, U16, U18, U20, Open																												
	2000m	U13, U14																												
	3000m	U15, U16, U18, U20, Open																												

Hurdles	80m Hurdles	U13, U14, U15 Girls, U16 Girls
	100m Hurdles	U15 Boys, U16 Boys, U18 Girls, U20 Women, Open Women
	110m Hurdles	U18 Boys, U20 Men, Open Men
	200m Hurdles	U13, U14, U15, U16
	400m Hurdles	U18, U20, Open
Jumps	Long Jump	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
	Triple Jump	U13, U14, U15, U16, U18, U20, Open
	High Jump	U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
	Pole Vault	U16, U18, U20, Open
Throws	Shot Put	U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open
	Discus	U13, U14, U15, U16, U18, U20, Open
	Javelin	U13, U14, U15, U16, U18, U20, Open
	Hammer	U16, U18, U20, Open
Relays	4x100	U10, U12, U14, U16, U18, U20, Open
	Mixed 4x100	Parents & Coaches
	Mixed 4x400	U15, Open
Age Group Note	The athlete's age on December 31, 2026 , determines his/her division.	
Event Notes	Athletes may compete in an event in an older division.	
	Mixed 4x400 must have at least two females	
Packet Pickup	Coaches must pick up their team packet at the Chinguacousy Park Sandra Hames Centre. The building is located on the west side of the stadium. Athlete and coach wristbands will be in the team packages.	
Facility Rules	Only coaches and competitors warming up are permitted into the Curling Centre Field House.	
	All competition areas are off-limits to non-competitors at all times.	
	Maximum spike length is 5mm (9mm for High Jump). Spiked shoes may be checked at any time for spike length. No pin-style spikes are allowed on the track. Only pyramid spikes will be allowed.	
Meet Admission	Entry to the stadium is by wristband only. Wristbands for athletes and coaches are included in the team's packet. Each team is allotted one coach wristband for every 10 registered athletes. There are no coaches' passes for Unattached athletes.	
Spectators	All spectators must watch the meet from the bleachers.	
	General Admission Spectator passes are \$10 each day. A 2-day pass is on sale for \$15. A 3-day weekend pass is on sale for \$25.	
	Children 6 years old and under are free.	
	Wristbands for spectators are sold at the stadium entrances on the North, East, and West sides of the stadium.	
Schedule	A copy of the <u>Tentative</u> schedule is attached. Event times are approximate. The <u>Final</u> schedule will be posted online at www.flyingangels.ca and www.trackie.com and emailed to coaches on Thursday, July 2, 2026.	
Warm Up Area	The Grass area south of the stadium is available for athletes to warm up.	
	NO WARM-UP IS ALLOWED ON THE COMPETITION TRACK OR THE INFIELD.	
ACC & Check-In Procedure	The Athlete Control Centre (ACC) is located on the grass south of the stadium.	
	Athletes must check in at the Athlete Control Centre for all track events when the event is called	
	Athletes will be escorted to their events by the Marshall	
	Athletes should check in for the field events at the event area when the event is called	
Results	Live results will be available at flyingangels.ca and athletic.net Meet results will be posted at flyingangels.ca and trackie.com after the meet	

Awards	There will be a medal presentation ceremony after each event. The Awards Ceremony will take place in the Awards Tent located on the west side of the stadium by the tennis courts. The top 8 finishers in each event final must proceed to the awards ceremony after their event. The awards presentation schedule will be posted before meet day. • The Top 8 finishers in each event final receive a medal • The top 5 teams with the most accumulated points overall receive a trophy • Athletes who break a meet record will receive a plaque • Athletes scoring the most points throughout the meet receive an All-Star trophy • The male and female athletes voted the Most Outstanding Performer by the awards panel receive a trophy
Scoring	The top three finishers in each event will score points for their teams as follows: 1st place (3 points), 2nd place (2 points), 3rd place (1 point)
False Start Rule	The false start rule follows those of the IAAF, with the following exception: in events staged for the U14 and younger divisions, one false start is charged to the field, and all further false starts will result in the disqualification of the athlete making the false start.
Advancement to Finals	The athletes with the eight fastest times after the heats in the 100m, 200m, and Sprint Hurdles will qualify for the finals. If eight or fewer athletes are present at the clerking area for the heats of the 100m, 200m, or sprint hurdles event, then that race will be run as the finals.
Simultaneous Events	Athletes do not get any attempts to make up for the rounds they missed while competing in a simultaneous event. Athletes must join the event at the round being contested upon their return.
Late Arrival to an Event	Athletes arriving late for their field event may join the event in progress. However, they must start at the round being contested. Late-comers will not get a chance to warm up or "find their mark". They do not get any attempts to make up for the rounds they missed.
Long Jump Take-Off Board	All athletes must jump from the take-off board. Successful attempts are measured from the end of the take-off board. Athletes who step over the board during their attempt will be charged with a "fault".
Implements	Throwing implements will be provided by the meet management. Personal implements will be allowed and, once checked in, will be added to the competition equipment pool.
Parents & Coaches Race	There will be a Parents and Coaches 60m and Mixed 4x100 relay. Coaches & parents must be 30 years or older to participate. There must be at least two females on each Parents & Coaches 4x100 relay team. These events are not scored, and no points will count toward the total team points.
Protest	All protests must be filed within 15 minutes of the official announcement or release of the results. If no protest is received within the above-mentioned time limit, the result as released will stand. If a protest changes the result, 15 minutes will be allowed following the announcement or release of the decision to bring forward an appeal. The Referee's decision may be appealed to the Jury of Appeal, whose decision is final. The \$100 protest fee will be returned if the protest is upheld.
Parking	Parking in Chinguacousy Park is limited. There is free parking in Chinguacousy Park and at Bramalea Mall. We recommend that you carpool and use the drop-off area on the North side of the stadium beside the library.
Hotels	Many hotels are within a 15-minute drive of Chinguacousy Park. Google "Chinguacousy Park" to see the list of nearby hotels or visit the meet website for more options.

IMPLEMENT SPECIFICATIONS

DIVISION	SHOT PUT	DISCUS THROW	JAVELIN THROW	HAMMER THROW
U9 & U10 Girls	2.00 kg	N/A	N/A	
U11 & U12 Girls	2.73 kg	N/A	N/A	
U13 & U14 Girls	3.00 kg	0.75 kg	400g	
U15 & U16 Girls	3.00 kg	1.00 kg	500g	3.00 kg (U16 only)
U18 Girls	3.00 kg	1.00 kg	500g	3.00 kg
U20 Women	4.00 kg	1.00 kg	600g	4.00 kg
Open Women	4.00 kg	1.00 kg	600g	4.00 kg
U9 & U10 Boys	2.00 kg	N/A	N/A	
U11 & U12 Boys	2.73 kg	N/A	N/A	
U13 & U14 Boys	3.00 kg	0.75 kg	400g	
U15 & U16 Boys	4.00 kg	1.00 kg	600g	4.00 kg (U16 only)
U18 Boys	5.00 kg	1.50 kg	700g	5.00 kg
U20 Men	6.00 kg	1.75 kg	800g	6.00 kg
Open Men	7.26 kg	2.00 kg	800g	7.26 kg

HURDLES SPECIFICATIONS

Division	Distance	# of Hurdles	Height	Dist. to 1st Hurdle	Dist. between Hurdles
U13 & U14 Girls	80m	8	0.762m (30")	12.00m	7.50m
U15 & U16 Girls	80m	8	0.762m (30")	12.00m	8.00m
U18 Girls	100m	10	0.762m (30")	13.00m	8.50m
U20 Women	100m	10	0.840m (33")	13.00m	8.50m
Open Women	100m	10	0.840m (33")	13.00m	8.50m
U13 & U14 Boys	80m	8	0.762m (30")	12.00m	7.50m
U15 & U16 Boys	100m	10	0.840m (33")	13.00m	8.50m
U18 Boys	110m	10	0.914m (36")	13.72m	9.14m
U20 Men	110m	10	0.990m (39")	13.72m	9.14m
Open Men	110m	10	1.067m (42")	13.72m	9.14m

INTERMEDIATE HURDLES

U13 & U14 Girls	200m	5	0.762m (30")	20.00m	35.00m
U15 & U16 Girls	200m	5	0.762m (30")	20.00m	35.00m
U18 Girls	400m	10	0.762m (30")	45.00m	35.00m
U20 Women	400m	10	0.762m (30")	45.00m	35.00m
Open Women	400m	10	0.762m (30")	45.00m	35.00m
U13 & U14 Boys	200m	5	0.762m (30")	20.00m	35.00m
U15 & U16 Boys	200m	5	0.762m (30")	20.00m	35.00m
U18 Boys	400m	10	0.840m (33")	45.00m	35.00m
U20 Men	400m	10	0.914m (36")	45.00m	35.00m
Open Men	400m	10	0.914m (36")	45.00m	35.00m



TENTATIVE Schedule

2026 FLYING ANGELS INTERNATIONAL TRACK & FIELD CHAMPIONSHIPS Friday, July 3, 2026

Time	Event	Round	Age Group
4:00 PM	2000m	Finals	U13 Girls, U14 Girls
4:30 PM	2000m	Finals	U13 Boys, U14 Boys
5:00 PM	400m	Timed Finals	U16 Girls, U18 Girls, U20 Women, Open Women
5:30 PM	400m	Timed Finals	U16 Boys, U18 Boys, U20 Men, Open Men
6:00 PM	100m Hurdles (30')	Heats	U18 Girls
6:05 PM	100m Hurdles (33')	Heats	U20 Women, Open Women
6:15 PM	110m Hurdles (36")	Heats	U18 Boys
6:20 PM	110m Hurdles (39")	Heats	U20 Men
6:25 PM	110m Hurdles (42")	Heats	Open Men
6:30 PM	3000m	Finals	U15 Girls, U16 Girls, U18 Girls, U20 Women, Open Women
7:00 PM	3000m	Finals	U15 Boys, U16 Boys, U18 Boys, U20 Men, Open Men
7:30 PM	100m Hurdles (30')	Finals	U18 Girls
7:35 PM	100m Hurdles (33')	Finals	U20 Women, Open Women
7:40 PM	110m Hurdles (36")	Finals	U18 Boys
7:45 PM	110m Hurdles (39")	Finals	U20 Men
7:50 PM	110m Hurdles (42")	Finals	Open Men

Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws	Throws
3:00 PM		Long Jump U18 Girls 3:00	Long Jump U16 Girls 3:00		
3:30 PM					
4:00 PM	High Jump U18 Boys 4:00	Long Jump Open Women 4:30	Long Jump U20 Women 4:30	Shot Put (7.26 kg) Open Men 4:00	Hammer Throw U16 / U18 / U20 & Open Women 4:00
4:30 PM				Shot Put (6.00 kg) U20 Men 5:00	
5:00 PM	High Jump U16 Boys 5:00	Long Jump Open Men 6:00	Long Jump U20 Men 6:00	Shot Put (5.00 kg) U18 Boys 6:00	
5:30 PM					
6:00 PM	High Jump U18 Girls 6:00	Long Jump U18 Boys 7:30	Long Jump U16 Boys 7:30	Shot Put (4.00 kg) U20 & Open Women 7:00	Hammer Throw U16 / U18 / U20 & Open Men 7:00
6:30 PM					
7:00 PM	High Jump U16 Girls 7:00				
7:30 PM					
8:00 PM					
8:30 PM					



TENTATIVE Schedule

2026 FLYING ANGELS INTERNATIONAL TRACK & FIELD CHAMPIONSHIPS Saturday, July 4, 2026

Time	Event	Round	Age Group
9:00 AM	1200m	Timed Finals	U10 Girls, U11 Girls
9:15 AM	1200m	Timed Finals	U10 Boys, U11 Boys
9:30 AM	80m Hurdles (30")	Heats	U13 Girls, U14 Girls
9:40 AM	80m Hurdles (30")	Heats	U13 Boys, U14 Boys
9:50 AM	80m Hurdles (30")	Heats	U15 Girls, U16 Girls
10:00 AM	100m Hurdles (33")	Heats	U15 Boys, U16 Boys
10:15 AM	1500m	Timed Finals	U12 Girls, U13 Girls, U14 Girls, U15 Girls
11:00 AM	100m	Heats	U8 Girls, U9 Girls, U10 Girls, U11 Girls, U12 Girls, U13 Girls, U14 Girls, U15 Girls
11:40 AM	100m	Heats	U16 Girls, U18 Girls, U20 Women, Open Women
12:10 PM	100m	Heats	U8 Boys, U9 Boys, U10 Boys, U11 Boys, U12 Boys, U13 Boys, U14 Boys, U15 Boys
12:50 PM	100m	Heats	U16 Boys, U18 Boys, U20 Men, Open Men
1:20 PM	1500m	Timed Finals	U12 Boys, U13 Boys, U14 Boys, U15 Boys
2:00 PM	OPENING CEREMONIES		
2:15 PM	80m Hurdles (30")	Finals	U13 Girls, U14 Girls
2:20 PM	80m Hurdles (30")	Finals	U13 Boys, U14 Boys
2:25 PM	80m Hurdles (30")	Finals	U15 Girls, U16 Girls
2:30 PM	100m Hurdles (33")	Finals	U15 Boys, U16 Boys
2:45 PM	1500m	Timed Finals	U16 Girls, U18 Girls
3:00 PM	100m	Finals	U8 Girls, U9 Girls, U10 Girls, U11 Girls, U12 Girls, U13 Girls, U14 Girls, U15 Girls
3:15 PM	100m	Finals	U16 Girls, U18 Girls, U20 Women, Open Women
3:25 PM	100m	Finals	U8 Boys, U9 Boys, U10 Boys, U11 Boys, U12 Boys, U13 Boys, U14 Boys, U15 Boys
3:40 PM	100m	Finals	U16 Boys, U18 Boys, U20 Men, Open Men
3:50 PM	100m	Timed Finals	Masters Women
3:55 PM	100m	Timed Finals	Masters Men
4:00 PM	1500m	Timed Finals	U16 Boys, U18 Boys
4:20 PM	400m	Timed Finals	U9 Girls, U10 Girls, U11 Girls, U12 Girls, U13 Girls, U14 Girls, U15 Girls
5:00 PM	400m	Timed Finals	U9 Boys, U10 Boys, U11 Boys, U12 Boys,, U13 Boys, U14 Boys, U15 Boys
5:40 PM	1500m	Timed Finals	U20 Women, Open Women
6:00 PM	1500m	Timed Finals	U20 Men, Open Men
6:20 PM	4x100 Relay	Timed Finals	U10 Girls, U12 Girls, U14 Girls, U16 Girls, U18 Girls, U20 Women, Open Women
6:40 PM	4x100 Relay	Timed Finals	U10 Boys, U12 Boys, U14 Boys, U16 Boys, U18 Boys, U20 Men, Open Men

TRACK EVENT START TIMES LISTED ABOVE ARE FOR GUIDANCE ONLY. THE EVENT WILL START AT THE CONCLUSION OF THE PREVIOUS EVENT!



TENTATIVE Schedule

2026 FLYING ANGELS INTERNATIONAL TRACK & FIELD CHAMPIONSHIPS Saturday, July 4, 2026

Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws	Throws
9:00 AM	High Jump U20 & Open Men 9:00	Long Jump U15 Girls 9:00	Long Jump U14 Girls 9:00	Shot Put (2.00 kg) U9 & U10 Girls 9:00	Javelin (400g) U13 & U14 Girls 9:00
9:30 AM					
10:00 AM	High Jump U14 & U15 Boys 10:00	Long Jump U13 Girls 10:30	Long Jump U12 Girls 10:30	Shot Put (2.00 kg) U9 & U10 Boys 10:00	Javelin (400g) U13 & U14 Boys 10:00
10:30 AM					
11:00 AM	High Jump U12 & U13 Boys 11:00	Long Jump U13 Girls 10:30	Long Jump U12 Girls 10:30	Shot Put (2.73 kg) U11 & U12 Girls 11:00	Javelin (500g) U15 / U16 / U18 Girls 11:00
11:30 AM					
12:00 PM	High Jump U10 & U11 Boys 12:00	Long Jump U11 Girls 12:00	Long Jump U10 Girls 12:00	Shot Put (2.73 kg) U11 & U12 Boys 12:00	Javelin (600g) U15 & U16 Boys 12:00
12:30 PM					
1:00 PM		Long Jump U15 Boys 1:30	Long Jump U14 Boys 1:30	Shot Put (3.00 kg) U13 & U14 Girls 1:00	Discus (2.00 kg) Open Men 1:00
1:30 PM					
2:00 PM	High Jump U20 & Open Women 2:00	Long Jump U15 Boys 1:30	Long Jump U14 Boys 1:30	Shot Put (3.00 kg) U15 / U16 / U18 Girls 2:00	Discus (1.75 kg) U20 Men 2:00
2:30 PM					
3:00 PM	High Jump U14 & U15 Girls 3:00	Long Jump U13 Boys 3:00	Long Jump U12 Boys 3:00	Shot Put (3.00 kg) U13 & U14 Boys 3:00	Discus (1.50 kg) U18 Boys 3:00
3:30 PM					
4:00 PM	High Jump U12 & U13 Girls 4:00	Long Jump U13 Boys 3:00	Long Jump U12 Boys 3:00	Shot Put (4.00 kg) U15 & U16 Boys 4:00	Discus (1.00 kg) U20 & Open Women 4:00
4:30 PM					
5:00 PM	High Jump U10 & U11 Girls 5:00	Long Jump U11 Boys 4:30	Long Jump U10 Boys 4:30		
5:30 PM					



TENTATIVE Schedule

2025 FLYING ANGELS INTERNATIONAL TRACK & FIELD CHAMPIONSHIPS Sunday, July 5, 2026

Time	Event	Round	Divisions
9:00 AM	200m Hurdles (30")	Timed Finals	U13 Girls, U14 Girls, U15 Girls, U16 Girls
9:15 AM	200m Hurdles (30")	Timed Finals	13 Boys, U14 Boys, U15 Boys, U16 Boys
9:30 AM	400m Hurdles (30")	Timed Final	U18 Girls, U20 Women, Open Women
9:45 AM	400m Hurdles (33")	Timed Final	U18 Boys
9:50 AM	400m Hurdles (36")	Timed Final	U20 Men, Open Men
10:00 AM	200m	Heats	U8 Girls, U9 Girls, U10 Girls, U11 Girls, U12 Girls, U13 Girls, U14 Girls, U15 Girls
10:50 AM	200m	Heats	U16 Girls, U18 Girls, U20 Women, Open Women
11:15 AM	200m	Heats	U8 Boys, U9 Boys, U10 Boys, U11 Boys, U12 Boys, U13 Boys, U14 Boys, U15 Boys
12:05 PM	200m	Heats	U16 Boys, U18 Boys, U20 Men, Open Men
12:30 PM	60m	Timed Finals	Parents & Coaches Women
12:35 PM	60m	Timed Finals	Parents & Coaches Men
12:45 PM	800m	Timed Finals	U9 Girls, U10 Girls, U11 Girls, U12 Girls, U13 Girls, U14 Girls, U15 Girls
1:45 PM	800m	Timed Finals	U16 Girls, U18 Girls, U20 Women, Open Women
2:20 PM	200m	Finals	U8 Girls, U9 Girls, U10 Girls, U11 Girls, U12 Girls, U13 Girls, U14 Girls, U15 Girls
2:35 PM	200m	Finals	U16 Girls, U18 Girls, U20 Women, Open Women
2:45 PM	200m	Finals	U8 Boys, U9 Boys, U10 Boys, U11 Boys, U12 Boys, U13 Boys, U14 Boys, U15 Boys
3:00 PM	200m	Finals	U16 Boys, U18 Boys, U20 Men, Open Men
3:10 PM	Mixed 4x100 Relay	Finals	Parents & Coaches
3:20 PM	800m	Timed Finals	U9 Boys, U10 Boys, U11 Boys, U12 Boys, U13 Boys, U14 Boys, U15 Boys
4:10 PM	800m	Timed Finals	U16 Boys, U18 Boys, U20 Men, Open Men
4:50 PM	Mixed 4x400 Relay	Finals	U15, Open
5:15 PM	Team Awards Ceremony		

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TENTATIVE Schedule

2026 FLYING ANGELS INTERNATIONAL TRACK & FIELD CHAMPIONSHIPS Sunday, July 5, 2026

Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws	Throws	
9:00 AM	Pole Vault U20 & Open Women 9:00	Long Jump U8 Girls 9:00	Long Jump U9 Girls 9:00	Javelin (800g) U20 Men & Open Men 9:00		
9:30 AM						
10:00 AM						
10:30 AM	Pole Vault U16 & U18 Girls 10:30	Long Jump U8 Boys 10:00	Long Jump U9 Boys 10:00	Javelin (700g) U18 Boys 10:00		
11:00 AM		Triple Jump U13 Girls 11:00	Triple Jump U14 & U15 Girls 11:00	Javelin (600g) U20 & Open Women 11:00		
11:30 AM						
12:00 PM	Pole Vault U20 & Open Men 12:00					
12:30 PM		Triple Jump U16 & U18 Girls 12:30	Triple Jump U20 & Open Women 12:30		Discus (0.75 kg) U13 & U14 Boys 12:30	
1:00 PM						
1:30 PM	Pole Vault U16 & U18 Boys 1:30	Triple Jump U13 Boys 2:00	Triple Jump U14 & U15 Boys 2:00		Discus (0.75 kg) U13 & U14 Girls 1:30	
2:00 PM						
2:30 PM						
3:00 PM		Triple Jump U16 & U18 Boys 3:30	Triple Jump U20 & Open Men 3:30		Discus (1.00 kg) U15 / U16 / U18 Girls 2:30	
3:30 PM						
4:00 PM						
4:30 PM						