FRIDAY JULY 16th

INIDALIOLI	10(11		
	TRACK		
6:00 PM	Special O Women	100m	Heats
	Special O Men	100m	Heats
6:10 PM	Midget Women	100m	Heats
6:20 PM	Midget Men	100m	Heats
6:30 PM	Youth Women	100m	Heats
6:40 PM	Youth Men	100m	Heats
6:50 PM	CSG/Senior Women	100m	Heats
6:55 PM	CSG/Senior Men	100m	Heats
7:20 PM	Midget Women	1200m	Timed Final
7:30 PM	Midget Men	1200m	Timed Final
7:40 PM	Youth Women	1500m	Timed Final
7:50 PM	Youth Men	1500m	Timed Final
8:00 PM	CSG/Senior Women	1500m	Timed Final
8:10 PM	CSG/Senior Men	1500m	Timed Final
8:20 PM	Midget Women	300m	Timed Final
8:30 PM	Midget Men	300m	Timed Final
8:40 PM	Youth Women	400m	Timed Final
8:50 PM	Youth Men	400m	Timed Final
8:55 PM	CSG Wheelchair	400m	Timed Final
9:00 PM	CSG/Senior Women	400m	Timed Final
9:05 PM	CSG/Senior Men	400m	Timed Final
	HORIZONTAL JUMPS		
5:30 PM	Special O Women/Men	Long Jump	
6:30 PM	CSG/Senior Men	Triple Jump	
8:00 PM	CSG/Senior Women	Triple Jump	
	VERTICAL JUMPS		
5:30 PM	CSG/Senior Women	High Jump	
6:45 PM	Youth Women	High Jump	
8:00 PM	Youth Men	High Jump	
	THROWS 1 - Infield		
5:30 PM	Midget Women	Javelin	
6:45 PM	CSG/Senior Men	Hammer	
8:00 PM	CSG/Senior Women	Hammer	
	THROWS 2 - Outside		
5:30 PM	Midget Men	Hammer	
6:45 PM	Youth Men	Hammer	
8:00 PM	Midget Men	Shot Put	
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SATURDAY JULY 15th

	TRACK		
10:00 AM	Midget Women	800m	Timed Final
10:10 AM	Midget Men	800m	Timed Final
10:20 AM	Youth Women	800m	Timed Final
10:30 AM	Youth Men	800m	Timed Final
10:40 AM	CSG/Senior Women	800m	Timed Final
10:50 AM	CSG/Senior Men	800m	Timed Final
11:10 AM	Special O Women	200m	Heats
11:20 AM	Special O Men	200m	Heats
11:30 AM	Midget Women	200m	Heats
11:40 AM	Midget Men	200m	Heats
11:50 AM	Youth Women	200m	Heats
12:00 PM	Youth Men	200m	Heats
12:05 PM	CSG Wheelchair	200m	Heats
12:10 PM	CSG/Senior Women	200m	Heats
12:20 PM	CSG/Senior Men	200m	Heats
	LUNCH		
1:30 PM	Midget Women	1500 Steeplechase	Timed Final
1:40 PM	Midget Men	1500 Steeplechase	Timed Final
1:50 PM	Youth Women	2000 Steeplechase	Timed Final
2:00 PM	Youth Men	2000 Steeplechase	Timed Final
2:10 PM	CSG/Senior Women	3000 Steeplechase	Timed Final
2:20 PM	CSG/Senior Men	3000 Steeplechase	Timed Final
2:30 PM	Special O Women	100m	Finals
2:35 PM	Special O Men	100m	Finals
2:40 PM	Midget Women	100m	Finals
2:45 PM	Midget Men	100m	Finals
2:50 PM	Youth Women	100m	Finals
2:55 PM	Youth Men	100m	Finals
3:00 PM	CSG/Senior Women	100m	Finals
3:05 PM	CSG/Senior Men	100m	Finals
3:10 PM	Midget Women	200m Hurdles	Timed Final
3:20 PM	Midget Men	200m Hurdles	Timed Final
3:30 PM	Youth Women	300m Hurdles	Timed Final
3:40 PM	CSG/Senior Women	400m Hurdles	Timed Final
3:50 PM	Youth Men	300m Hurdles	Timed Final
4:00 PM	CSG/Senior Men	400m Hurdles	Timed Final

SATURDAY JULY 15tl	S	ΔΤ	URD	ΑY	JUL	Y 1	5th
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SATURDAT.	JOLI 15tii		
	TRACK cont'd		
4:30 PM	Midget Women	4 X 100	Timed Final
4:45 PM	Midget Men	4 X 100	Timed Final
5:00 PM	Youth Women	4 X 100	Timed Final
5:15 PM	Youth Men	4 X 100	Timed Final
5:30 PM	CSG/Senior Women	4 X 100	Timed Final
6:00 PM	CSG/Senior Men	4 X 100	Timed Final
	HORIZONTAL JUMPS		
9:00 AM	Youth Women	Long Jump	
10:30 AM	Youth Men	Long Jump	
12:30 PM	Midget Women	Long Jump	
2:00 PM	Midget Men	Long Jump	
4:00 PM	CSG/Senior Women	Long Jump	
5:30 PM	Youth Women	Triple Jump	
7:00 PM	Youth Men	Triple Jump	
	VERTICAL JUMPS		
9:00 AM	Midget Women	High Jump	
11:00 AM	Midget Men	High Jump	
1:30 PM	CSG/Senior Women	Pole Vault	
4:00 PM	CSG/Senior Men	Pole Vault	
6:00 PM	CSG/Senior Men	High Jump	
	THROWS 1 - Infield		
10:00 AM	Youth Men	Javelin	
11:30 AM	CSG/Senior/Para Men	Shot Put	
1:30 PM	CSG/Senior/Para Women	Shot Put	
3:00 PM	CSG/Senior Men	Javelin	
5:00 PM	CSG/Senior Women	Javelin	
6:30 PM	Youth Women	Javelin	
	THROWS 2 - Outside		
11:30 AM	Midget/Youth Women	Hammer	
1:30 PM	Youth Men	Discus	
3:00 PM	Midget Women	Discus	
5:00 PM	Youth Women	Discus	

SUNDAY JULY 16th

	TRACK		
8:30 AM	CSG/Senior Women	5000m	Timed Final
9:00 AM	CSG/Senior Men	5000m	Timed Final
9:30 AM	Midget Women	2000m	Timed Final
9:40 AM	Midget Men	2000m	Timed Final
9:50 AM	Youth Women	3000m	Timed Final
10:05 AM	Youth Men	3000m	Timed Final
10:15 AM	Midget Women	200m	Final
10:20 AM	Midget Men	200m	Final
10:25 AM	Youth Women	200m	Final
10:30 AM	Youth Women	200m	Final
10:35 AM	Special O Women	200m	Final
10:40 AM	Special O Men	200m	Final
10:45 AM	CSG/Senior Women	200m	Final
10:50 AM	CSG/Senior Men	200m	Final
10:55 AM	CSG Wheelchair	200m	Final
11:25 AM	Midget Women	80m Hurdles	Heats
11:35 AM	Youth Women	100m Hurdles	Heats
11:45 AM	Midget Men	100m Hurdles	Heats
11:55 AM	CSG/Senior Women	100m Hurdles	Heats
12:00 PM	Youth Men	110m Hurdles	Heats
12:10 PM	CSG/Senior Men	110m Hurdles	Heats
	LUNCH		
12:45 PM	CSG/Senior Men	110m Hurdles	Final
12:50 PM	Youth Men	110m Hurdles	Final
1:00 PM	CSG/Senior Women	100m Hurdles	Final
1:05 PM	Midget Men	100m Hurdles	Final
1:10 PM	Youth Women	100m Hurdles	Final
1:15 PM	Midget Women	80m Hurdles	Final
1:30 PM	Midget Women	Sprint Medley	Timed Final
1:35 PM	Midget Men	Sprint Medley	Timed Final
1:45 PM	Youth Women	4 X 400m	Timed Final
1:50 PM	Youth Men	4 X 400m	Timed Final
2:00 PM	CSG/Senior Women	4 X 400m	Timed Final
2:05 PM	CSG/Senior Men	4 X 400m	Timed Final

SUNDAY July 16th

	HORIZONTAL JUMPS	
8:30 AM	Midget Men	Triple Jump
10:00 AM	Midget Women	Triple Jump
12:30 PM	CSG/Senior Men	Long Jump
	VERTICAL JUMPS	
9:30 AM	Midget/Youth Women	Pole Vault
12:30 PM	Midget/Youth Men	Pole Vault
	THROWS CIRCLE 1	
8:30 AM	Midget Men	Javelin
10:30 AM	CSG/Senior Men	Discus
12:30 PM	CSG/Senior Women	Discus
	THROWS CIRCLE 2	
9:30 AM	Youth Men	Shot Put
11:30 AM	Midget Women	Shot Put