

Competition Schedule



The standard check-in procedure used at Athletics Ontario Championships will be in use at this meet. Athletes entered in track events must check in at the designated check-in area separately for each event no sooner than 90 minutes and no later than 30 minutes prior to the scheduled or re-scheduled start time of the race. Athletes who fail to check-in as required will not be allowed to compete in the event. Please allow extra time for bad weather, traffic problems, etc. Picking up bib numbers does not constitute a check-in.

Track	Final Schedule – Day 1 – Friday July 22, 2016			
	Sections will run from SLOW to FAST.			
Time	Event	Check In Window	Round	Age Group
4:00	100m	2:30 – 3:30	Decathlon	JM (1) – SM (3)
4:15	100mH	2:45 – 3:45	Heptathlon	JW (5) – SW (2)
7:30	200m		Heptathlon	JW (5) – SW (2)
8:30	400m		Decathlon	JM (1) – SM (3)
Field	Final Schedule – Day 1 – Friday July 22, 2016			
Time	Event		Age Group	
4:45	Long Jump		Decathlon JM (1) – SM (3)	
5:00	High Jump		Heptathlon JW (5) – SW (2)	
5:45	Shot Put		Decathlon JM (1) – SM (3)	
6:45	Shot Put		Heptathlon JW (5) – SW (2)	
7:00	High Jump		Decathlon JM (1) – SM (3)	

Track	Final Schedule – Day 2 – Saturday July 23, 2016			
	Sections will run from SLOW to FAST.			
Time	Event	Check In Window	Round	Age Group
10:00	1500mSC	8:30 – 9:30	Timed Final	MG (3) – MB (1)
	2000mSC	8:30 – 9:30	Timed Final	YG (5) – YB (10)
10:30	80mH	9:00 – 10:00	Prelims	BB (6) – BG (1) – MG (18)
	100mH	9:00 – 10:00	Prelims	MB (6) – YG (17)
	110mH	9:00 – 10:00	Prelims	YB (20)
11:00	110mH		Decathlon	JM (1) – SM (3)
11:15	1200m	9:45 – 10:45	Timed Final	BG (12) – BG (14) – MG (26) – MB (42)
	1500m	9:45 – 10:45	Timed Final	YG (28) – YB (44)
Track Break				
1:30	80m	12:00 – 1:00	Prelims	BG (13) – BB (5)
	100m	12:00 – 1:00	Prelims	MG (20) – MB (32) – YG (32) – YB (42)
2:30	110mH		Final	YB
	100mH		Finals	YG – MB
	80mH		Finals	MG – BB – BG
3:00	800m		Heptathlon	JW (5) – SW (2)
3:15	80m		Finals	BG – BB
	100m		Finals	MG – MB – YG – YB
3:40	400m	2:10 – 3:10	Timed Finals	YG (38) – YB (34)
	300m	2:10 – 3:10	Timed Finals	MG (23) – MB (18)
4:45	1500m		Decathlon	JM (1) – SM (3)
5:00	4x100m	3:40 – 4:40	Timed Finals	BG – BB – MG – MB – YG – YB
5:25	4x400m	4:05 – 5:05	Timed Finals	YG – YB

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Field	Final Schedule – Day 2 – Saturday July 23, 2016	
Time	Event	Age Group
10:30	Long Jump	YB (18)
	Discus	MG (7)
	Shot Put	BB (1) – MB (5)
	Javelin	YB (13)
	Pole Vault	YG (9)
11:30	Long Jump	MB (17)
	Javelin	YG (5)
	High Jump	BG (1) + MG (10)
	Long Jump	HEP JW (5) – SW (2)
	Discus	DEC JM (1) – SM (3)
12:30	Long Jump	BB (5)
	Long Jump	Para W (1) – Para M (3)
	Discus	YG (15)
1:30	Pole Vault	DEC JM (1) – SM (3)
2:00	Long Jump	BG (11)
	Discus	YB (16)
	Javelin	HEP JW (5) – SW (2)
	High Jump	MB (5)
3:00	Long Jump	MG (20)
	Shot Put	MG (5)
	High Jump	BB (3)
3:30	Javelin	DEC JM (1) – SM (3)
4:00	Long Jump	YG (21)
	Discus	BB (1) - MB (5)
	Shot Put	BG (6)
	Pole Vault	YB (1)

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Track	Final Schedule – Day 3 – Sunday July 24, 2016			
	Sections will run from SLOW to FAST.			
Time	Event	Check In Window	Round	Age Group
9:30	2000m	8:00 – 9:00	Timed Finals	BG (6) – BB (5) – MG (14) – MB (19)
10:10	3000m	8:40 – 9:40	Timed Finals	YG (12) – YB (20)
11:00	200mH	9:30 – 10:30	Timed Finals	BG (5) – MG (15) – MB (8)
11:15	400mH	9:45 – 10:45	Timed Finals	YG (23) – YB (23)
Track Break				
12:30	800m	11:00 – 12:00	Timed Finals	BG (10) – BB (7) – MG (27) – MB (30) – YG (31) – YB (41)
1:45	150m	12:15 – 1:15	Timed Finals	BG (10) – BB (5)
2:00	200m	12:30 – 1:30	Timed Finals	MG (28) – MB (36) – YG (40) – YB (60)
3:30	SMR	2:00 – 3:00	Timed Final	YG – YB
3:40	4 x 800m	2:10 – 3:10	Timed Final	BG – BB – MG – MB – YG – YB

Field	Final Schedule – Day 3 – Sunday July 24, 2016	
Time	Event	Age Group
9:30	Triple Jump	MG (13)
	Hammer Throw	MB (4)
	Javelin Throw	BB (2)
	Shot Put	YG (12)
	Pole Vault	MB (3)
11:00	Triple Jump	YG (11)
	Hammer Throw	YB (8)
	Javelin Throw	BG (1) -MG (4)
	High Jump	YB (18)
1:30	Triple Jump	YB (9)
	Hammer Throw	YG (12)
	Javelin Throw	MB (4)
	Pole Vault	MG (5)
3:00	Triple Jump	MB (11)
	Hammer Throw	MG (4)
	Shot Put	YB (11)
	High Jump	YG (10)