



ATHLETICS CANADA  ATHLÉTISME CANADA



# CANADIAN JUNIOR TRACK AND FIELD CHAMPIONSHIPS


JULY 8-10, 2011

WINNIPEG, MB

## TECHNICAL MANUAL

## Contents

1.0 Welcome to Winnipeg 2011!	3
2.0 Championship Contacts	4
3.0 Arrival in Winnipeg	5
3.1 Airport	5
3.2 Transportation of Sport Equipment	6
4.0 Accommodations	7
5.0 Transportation	8
5.1 Airport	8
5.2 Stadium	8
6.0 Competition Information	9
6.1 Competition Venue	9
6.2 Entry Rules	9
6.3 Entry Standards	11
6.4 Entry System	12
6.5 Schedule	12
6.6 Technical Meeting	12
6.7 Implements	14
6.8 Bib Numbers	14
6.9 Technical Information Centre (TIC) / Registration	14
7.0 Competition Procedures	15
7.1 Warm-up	15
7.2 Call Room	15
7.3 Protests and Appeals	16
7.4 Spike Length	16



8.0 Medical Services .....	17
9.0 Doping Control .....	17
10.0 National Team Selection .....	17
APPENDIX A: VENUE MAP .....	18
APPENDIX B: QUALIFYING STANDARDS.....	19
APPENDIX C: SCHEDULE.....	20

## 1.0 Welcome to Winnipeg 2011!

On behalf of Athletics Canada we welcome you to Winnipeg and the 2011 Canadian Junior Track and Field Championships.

I would like to take this opportunity to make note of this new document. In past years there has always been a technical and registration package. In order to streamline information, and keep it all in one place, we have combined those documents into the new Technical Manual. This document will contain all pertinent information for the Championships.

The 2011 Championships will serve as the Selection Trials for the 2011 Pan Am Junior Championships (July 22–24 in Miramar, FL – USA).

Athletics Manitoba is playing host to the 2011 Championships at University Stadium, located at the University of Manitoba. Athletics Manitoba has hosted numerous Provincial Championships and the 2005 Canadian Track and Field Championships. Winnipeg was also the host of the 1999 Pan Am Games.

For more information on Winnipeg, visit <http://www.visitwinnipegnow.com>

## 2.0 Championship Contacts

Host Organizing Committee

Blair DuGray

HOC Chair

[bdugray@pembinatrails.ca](mailto:bdugray@pembinatrails.ca)

Athletics Canada (Entries / Technical)

Nicole Clarke

Coordinator, Events & Membership

[nclarke@athletics.ca](mailto:nclarke@athletics.ca)

613.260.5580 x.3309

Athletics Canada (Media)

Emily Hooper

Coordinator, PR & Marketing

[ehooper@athletics.ca](mailto:ehooper@athletics.ca)

613.260.550 x3332



## 3.0 Arrival in Winnipeg

### 3.1 Airport

The Winnipeg James Armstrong Richardson International Airport (YWG) operates 24 hours a day, seven days a week.

Approximate Air Travel Times to Winnipeg from:

Halifax	5 hours
Montreal	2.5 hours
Toronto	2 hours
Calgary	2 hours
Vancouver	2.5 hour

YWG is located 16km, or approximately 25 minutes driving, from the competition stadium. Visit <http://www.waa.ca> for additional information on the airport.

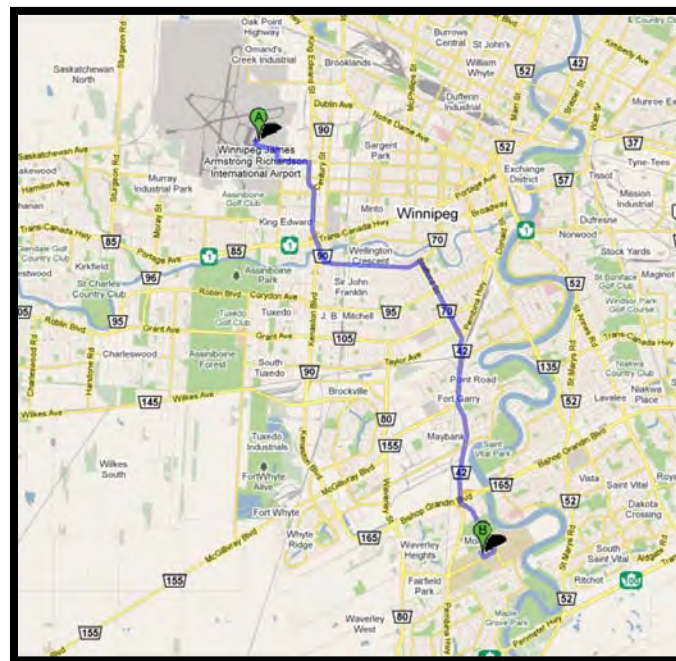


Figure 1: Map from YWG to University Stadium

## 3.2 Transportation of Sport Equipment

Clubs are responsible for the transportation of their own equipment. Below we have outlined some basic information for assisting in the transportation of sporting equipment, such as pole vault poles.

1. Travel with your equipment on your air carrier and transport to University Stadium on your own. You will be able to store equipment at the Stadium.
2. Ship your poles directly to Winnipeg (**your poles must arrive no later than Wednesday, July 6, 2011**) – using the following address:

Blair DuGray  
90 Barker Blvd.  
Winnipeg, MB R3R 2E1

If you require a solution for the shipment of your equipment, please contact Joerg Hess and his company at the below coordinates:

BMCi Ltd.  
Global Sports Logistics  
P.O. Box 633  
Mt. Forest, ON N0G 2L0  
(T) 519.323.4028  
(F) 519.323.2820  
(C) 519.261.0546  
[www.bmciltd.com](http://www.bmciltd.com)

## 4.0 Accommodations



Canad Inn Fort Garry  
1824 Pembina Hwy  
Winnipeg, MB R3T 2G2  
(888) 332-2623 or (204) 261-7450  
2 Queens \$125.00/night + tax  
King Leisure Suite (1 King) \$142.00/night + tax  
<http://www.canadinns.com/index.php>



Express by Canad Inns Fort Garry  
1792 Pembina Hwy @ Adamar  
Winnipeg, MB R3T 2G2  
(888) 332-2623 or (204) 269-6955  
2 Queens \$102.00/night + tax  
<http://www.canadinns.com/index.php>



Canad Inn Polo Park  
1405 St Matthews Ave. @ Empress St.  
Winnipeg, MB R3G 0K5  
(888) 332-2623 or (204) 775-8791  
2 Queens \$125.00/night + tax  
King Leisure Suite (1 King) \$142.00/night + tax  
<http://www.canadinns.com/index.php>



Radisson Hotel Winnipeg Downtown  
288 Portage Ave.  
Winnipeg, MB R3C 0B8  
(800) 395-7046 or (204) 956-0410  
2 Queens \$125.00/night + tax  
King Leisure Suite (1 King) \$142.00/night + tax  
<http://www.radisson.com/winnipeg-hotel-mb-r3c0b8/mbwinnip>





## 5.0 Transportation

### 5.1 Airport

Clubs will be responsible for their own transportation to/from the airport.

### 5.2 Stadium









The HOC will have a shuttle service from the between the meet hotels and the stadium. A shuttle schedule will be posted in each hotel and the Technical Information Centre (TIC). Schedules will also be available at registration.

## 6.0 Competition Information

### 6.1 Competition Venue

The Championships will take place at University Stadium. There will be seating for 4000 spectators.

Key Facts:

-  Lanes – 8
-  Surface – Mondo
-  LJ/TJ runways – Mondo
-  PV runways – Mondo
-  SP circles – Concrete
-  DT/HT circle and cage – Concrete
-  JT runways – Mondo
-  Spike lengths – 7mm for all events

A map of the stadium can be found in [Appendix A](#)

### 6.2 Entry Rules

#### 6.2.1 Athlete Citizenship Eligibility

The following athletes are eligible to compete in National Championships and/or Trials:

- i. Canadian Citizens who are Athletics Canada members and in the case of athletes who have dual Canadian Citizenship with another country, have not competed in the National Championships of that country during the previous competitive season.
- ii. (a) Canadian Permanent Residents (Landed Immigrants) who are Athletics Canada members and full-time residents of Canada;  
  
(b) non-Canadian residents who are claiming refugee status, and foreign athletes who are temporary residents of Canada due to business, study or family reasons, providing that they are Athletics Canada members and have been

resident in Canada for at least six months prior to the date of the Championships, and are in compliance with IAAF Rule 4.3;

(c) foreign athletes who have been invited and, at the discretion of the Technical Delegate, have had their applications accepted, subject to the following conditions (please contact Nicole Clarke, [nclarke@athletics.ca](mailto:nclarke@athletics.ca) for an application); the deadline to submit an application is **Monday, June 13<sup>th</sup>, 2011**.

- iii. Athletes listed under ii) above will be allowed to compete at the Track and Field Championships, subject to the following conditions:
  - a) in track events run in lanes (100m – 400m, sprint hurdles and 400m hurdles), said athletes may not advance to the final, however they may advance to the B final if one is contested. In situations whereby no athletes with Canadian Citizenship are being displaced from the final (i.e. in the case of a straight final), non-Canadian citizens may compete in the final, but shall not receive preferential lane selection;
  - b) in events not run in lanes in their entirety, it will be a race-by-race decision as to whether said athlete(s) will be able to compete in the final. Final decision will be at the discretion of the Athletics Canada Technical Delegate, or a designated individual;
  - c) in the case of field events where there are less than twelve (12) competitors advancing to final, non-Canadian athletes may compete at the sole discretion of the Meet Director and Athletics Canada. Up to 2 non-Canadian athletes may advance to the final three rounds (throws and horizontal jumps), making the field size no larger than 10 athletes. Final approval must be given by Athletics Canada Technical Delegate, or a designated individual.

**Note: All Foreign Athletes must submit their application to compete by Monday, June 13<sup>th</sup>, 2011. Applications will then be processed and athletes will be notified, at the latest, by Monday, June 20<sup>th</sup>, 2011 if their application has been approved.**

### 6.2.2 Entry Qualification Process

The following Entry Procedures to the National Junior Championships will apply to athletes who meet the citizenship eligibility criteria.

- a) Athletics Canada members, born in 1992 or later, who have achieved the qualifying entry standards (can be found in Appendix B);
- b) Athletics Canada members, 19 years and younger, who have not achieved qualifying entry standards are also eligible to compete if:
  - i) At the designated Provincial/Territorial Branch Qualifying competition, they finish in the top three who have not achieved the entry standard in that event;
  - ii) There is no such Provincial/Territorial Branch Qualifying competition, the Province/Territory or Branch may select up to three athletes per event who have not made the qualifying standard for that event;
  - iii) At their High School Senior Championships, they finish in the top three who have not achieved the entry standard for that event.

Carded athletes (2010/2011) are automatically eligible to compete in the Championships event in which they are carded. They must process their registration form with appropriate payment.

### 6.2.3 Eligibility of Entry Performances

Athlete performances will be pulled directly from the Athletics Canada ranking system. Only performances listed in the Athletics Canada ranking system will be eligible for entry standard into the Championships. If you have any questions regarding the ranking system, please contact [results@athletics.ca](mailto:results@athletics.ca)

## 6.3 Entry Standards

The entry standards can be found in [Appendix B](#)

## 6.4 Entry System

Registration will open on Monday, May 2<sup>nd</sup>, 2011. All entries and confirmation are the responsibility of the athlete (including carded athletes). Entries are not completed until payment is received. Entries can be completed by club and should be done for each athlete. All coaches must register as well. The Early entry deadline is **June 27<sup>th</sup>, 2011 (4pm ET)**. The final entry deadline is **Monday, July 4<sup>th</sup> (4pm ET)**. NO entries will be accepted after this date, **no exceptions**. All entries are non-refundable.

Qualifying performances will be pulled from the Athletics Canada ranking system. The Qualifying period is **May 1, 2010 to July 4, 2011**. If entry performances cannot be found, the athlete may be refused entry.

### 6.4.1 Entry Fees and Deadlines

Entries and Fees Received:	First event	Second Event	Relays	Coach Entries
By June 27, 2011*	\$50.00	\$45.00	\$50.00	\$20.00
By July 4, 2011*	\$120.00	\$105.00	\$50.00	\$20.00

*\* must be entered online and payment completed by 4:00 ET*

Visa, Mastercard, and American Express are the only acceptable methods for payment.

### 6.4.2 Confirmation of Entry

Entries will be posted on Athletics Canada website at: [www.athletics.ca/Winnipeg2011](http://www.athletics.ca/Winnipeg2011)

## 6.5 Schedule

The competition schedule can be found in [Appendix C](#). Please note that changes may still occur based on the final number of entries. The final schedule will be available after the Technical Meeting and distributed at the TIC and Registration.

## 6.6 Technical Meeting

### 6.6.1 Time and Venue

Championship Technical Meeting

Date: Thursday, July 7<sup>th</sup>, 2011



Time: 7:00pm  
Location: Canad Inn Fort Garry  
1824 Pembina Hwy  
Winnipeg, MB R3T 2G2

### 6.6.2 Written Questions


All questions concerning the conduct of the competition must be submitted using the form provided to coaches/clubs upon arrival at Registration. This form must be returned to Registration by Thursday, July 7<sup>th</sup> at 5:00pm. If you are unable to complete the form by this time, questions can be emailed to [nclarke@athletics.ca](mailto:nclarke@athletics.ca) within the same deadline.

### 6.6.3 Qualifying Heights, Distances and Progressions

The Technical Delegate, after the closing date for the final entries, will decide the qualification procedure for the track events, the qualification standards for the field events, and the starting heights and successive height progression for the high jump and the pole vault for the qualifying rounds.

For Championship Finals, qualification procedure for the track events will follow IAAF Rule 166. The following are the starting heights and progressions for the high jump and the pole vault for the Finals.

Women's High Jump	Men's High Jump	Women's Pole Vault	Men's Pole Vault
1.60m	1.80m	3.15m	3.60m
1.65m	1.85m	3.35m	3.80m
1.68m	1.90m	3.50m	4.00m
1.71m	1.95m	3.65m	4.20m
1.74m	2.00m	3.75m	4.35m
1.77m	2.05m	3.85m	4.50m
And so on by 3cm	2.08m	3.95m	4.65m
	2.11m	And so on by 5cm	4.75m
	And so on by 3cm		And so on by 10cm



Starting heights and progressions for the Combined Events will be decided on, after entries are closed, by the Athletics Canada Technical Delegate and the Combined Events Referee. These will be announced at the Technical Meeting.

## 6.7 Implements

Implements will be made available by the Organizing Committee. Personal implements will also be allowed, and must be checked-in prior to the event.

The equipment and implement weigh-in station is located at the University of Manitoba Stadium, at the north end of the grandstands next to the throws area. Implements must be checked in no later than 2 hours prior to the start of the event (including qualifying rounds) at which time they will become property of the competition for the duration of the meet.

## 6.8 Bib Numbers

Each athlete will receive two bibs; one with their name and one with a number. All athletes must wear the name bib on their chest, and the number bib on their back, except in the high jump and/or pole vault where only one bib may be worn either on the chest or back.

Bib numbers will be distributed during the registration process. Hip numbers will be provided at the Call Room.

## 6.9 Technical Information Centre (TIC) / Registration

**INFORMATION (TIMES AND LOCATION) - INCLUDING REGISTRATION AT THE HOTEL ON THE THURSDAY**

## 7.0 Competition Procedures

### 7.1 Warm-up

There will be a warm-up area, consisting of a strip of track surface (4 lanes wide by 50m), behind the grandstands for warm-up with spikes. There will also be a grassy area located just west of the stadium for warm-up without spikes.

Warm-up for the throwing events will be at the competition site. Athletes will be marshalled to the area 30 minutes prior to the start of the event for warm-up time.

### 7.2 Call Room



All athletes must present themselves at the Call Room according to the scheduled check-in times as noted below.

Athletes who fail to appear on time in the Call Room without a valid reason (e.g. medical certificate) may be excluded from participating in this and all further events in the Championships, including relays. Team Officials are not allowed to enter the Call Room.

Athletes' Call Room reporting times will be according to the following schedule. All times are prior to the actual start time of the event:

Event	Call Room Opens (minutes)	Call Room Closes (minutes)	Entry to Stadium
Track Events	30	20	10
High Jump	60	50	40
Pole Vault	80	70	60
Other Field Events	50	40	30
Relays	35	25	10

Once in the Call Room, athletes will be identified by their bib number. Call Room officials will check the following in accordance with AC rules:

-  Bib numbers
-  Shoes and spikes

- 🇨🇦 Uniforms (Note: That in accordance with National Team policies, athletes are not permitted to wear their Team Canada uniforms during the Championships. Club, branch, or sponsor uniforms are to be worn)
- 🇨🇦 Bags (identification on and content of)
- 🇨🇦 Personal belongings: video and audio players, cameras, phones, radio transmitters, and electronic devices in general (except watches) are not admitted.

### 7.3 Protests and Appeals

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the results of the event. Official results will be displayed in the TIC.

Any protest shall, in the first instance, be made orally to the Referee by the athletes or by someone acting on their behalf. The Referee may decide on the protest or may refer the matter to the Jury.

An appeal to the Jury must be made within 30 minutes of the official announcement of the decision made by the Referee, in writing, signed by a responsible official on behalf of the athlete, and shall be accompanied by a deposit of CDN \$100, which will be forfeited if the protest is not upheld.

All appeals must be submitted on the appropriate form to the TIC from where they will be immediately forwarded to the Jury of Appeal.

### 7.4 Spike Length

The maximum spike length allowed for both track and field events is 7mm. Spikes will be available for sale at the stadium.

## 8.0 Medical Services

Based on the Athletics Canada Medical Handbook, a medical team will provide the necessary healthcare for the participants of the Canadian Championships. The LOC will provide the following health care and sports medicine services.

- Medical personnel at track side during the event
- Medical tent where medical personnel are available during the event

## 9.0 Doping Control

Doping control procedures will be in place according to AC/CCES policies. For more information on these policies, visit <http://www.athletics.ca/page.asp?id=27>

## 10.0 National Team Selection

The 2011 Canadian Junior Track and Field Championships will serve as selection for the following international events:

- 🇺🇸 2011 Pan Am Junior Championships – Miramar, FL – USA – July 22–24

Selection criteria for these events can be found at

<http://www.athletics.ca/page.asp?id=22>. If you have any questions regarding selection for these international events, please contact Scott MacDonald at [smacdonald@athletics.ca](mailto:smacdonald@athletics.ca) or Carla Nicholls [cnicholls@athletics.ca](mailto:cnicholls@athletics.ca)





## APPENDIX A: VENUE MAP

Coming Soon

## APPENDIX B: QUALIFYING STANDARDS

Performances must have been achieved outdoors between May 1, 2010 and June 25, 2011

Women	Event	Men
12.40	100 m	11.10
25.40	200 m	22.30
58.00	400 m	50.40
2:15.00	800 m	1:55.00
4:43.00	1 500 m	4:00.00
10:25.00 (4:43 / 1500 m)	3 000 m	
	5 000 m	15:35.00 (8:55.00 / 3 000 m)
15.50	100mH	
	110mH	15.90 (99cm) 16.00 (167cm)
1.05.50 (49.50 / 300m H)	400mH	57.00 (40.00 / 300mH)
No Standard	2000msc (W) / 3000msc (M)	10:20.00 (6:35 / 2000msc)
4000 pts	Heptathlon/Decathlon	5500 pts
No Standard	4 x 100 m	No Standard
No Standard	4 x 400 m	No Standard
1.62	High Jump	1.90
3.20	Pole Vault	3.80
5.25	Long Jump	6.45
11.00	Triple Jump	13.30
11.00 (4 kg)	Shot Put	14.00 (6 kg)
34.00 (4 kg)	Hammer	42.00 (6 kg)
34.20 (1 kg)	Discus	43.00 (1.75 kg)
35.00 (600g)	Javelin	50.00 (800g)

All qualification results for entry into the Championships will be checked and verified. Any false claims could result in disciplinary actions and/or non-participation in the meet.

The achievement of all performances must be recognized on the official Athletics Canada outdoor performance ranking lists. These results must have been achieved at competitions listed on the Athletics Canada or IAAF Member Federation fixtures lists. All results must be achieved in conformity with IAAF/Athletics Canada rules. Wind readings and implement certification must always be recorded on results to guarantee their validity.

## APPENDIX C: SCHEDULE

Canadian Junior Track and Field Championships – As of January 21, 2011

**\*\*Please check [www.athletics.ca/winnipeg2011](http://www.athletics.ca/winnipeg2011) for updates\*\***


FRIDAY, JULY 8, 2011 –DAY 1	
Time/Heure	Event / Épreuve
	<b>Track Events / Piste</b>
<b>10:45 AM</b>	<b>Decathlon Men's 100m</b>
1:00 PM	Women's 100m Preliminaries
1:20 PM	Men's 100m Preliminaries
1:45 PM	Women's 1500m Semi-Finals
2:05 PM	Men's 1500m Semi-Finals
2:25 PM	Women's 400m Preliminaries
2:50 PM	Men's 400m Preliminaries
<b>5:30 PM</b>	<b>Decathlon Men's 400m</b>
6:00 PM	Women's 100m Hurdles Preliminaries
6:20 PM	Men's 110m Hurdles Preliminaries
6:40 PM	Women's 2000m Steeplechase <b>FINAL</b>
7:00 PM	Men's 3000m Steeplechase <b>FINAL</b>
7:20 PM	Women's 100m Semi-Finals
7:30 PM	Men's 100m Semi-Finals
	<b>Field Events / Concours</b>
<b>11:30 AM</b>	<b>Decathlon Men's Long Jump</b>
11:30 AM	Women's Pole Vault Qualifying (Group A)
11:30 AM	Women's High Jump Qualifying (Group A)
12:00 PM	Men's Javelin Qualifying (Group A)
12:15 PM	Women's Hammer Qualifying (Group A)
1:00 PM	Men's Long Jump Qualifying (Group A)
<b>1:00 PM</b>	<b>Decathlon Men's Shot Put</b>
1:15 PM	Women's High Jump Qualifying (Group B)
1:30 PM	Men's Javelin Qualifying (Group B)
1:45 PM	Women's Hammer Qualifying (Group B)
2:00 PM	Women's Pole Vault Qualifying (Group B)
2:30 PM	Men's Long Jump Qualifying (Group B)
<b>3:00 PM</b>	<b>Decathlon Men's High Jump</b>
4:15 PM	Men's Pole Vault Qualifying (Group A)
5:00 PM	Women's Javelin Qualifying (Group A)
5:15 PM	Women's Long Jump Qualifying (Group A)
5:15 PM	Men's Discus Qualifying (Group A)
6:30 PM	Women's Javelin Qualifying (Group B)
6:30 PM	Men's Pole Vault Qualifying (Group B)
6:45 PM	Women's Long Jump Qualifying (Group B)

6:45 PM

Men's Discus Qualifying (Group B)

**SATURDAY, JULY 9, 2011 – DAY 2**

Time/Heure	Event / Épreuve
	<b>Track Events / Piste</b>
<b>9:30 am</b>	<b>Decathlon Men's 110m Hurdle</b>
<b>10:00am</b>	<b>Heptathlon Women's 100m Hurdles</b>
1:00 PM	Women's 100m Hurdles Semi-Finals
1:15 PM	Men's 110m Hurdles Semi-Finals
1:30 PM	Women's 1500m <b>FINAL</b>
1:40 PM	Men's 1500m <b>FINAL</b>
1:50 PM	Women's 400m Consolation Final
1:55 PM	Men's 400m Consolation Final
2:00 PM	Women's 400m <b>FINAL</b>
2:05 PM	Men's 400m <b>FINAL</b>
2:15 PM	Women's 100m <b>FINAL</b>
2:20 PM	Men's 100m <b>FINAL</b>
2:35 PM	Women's 100m Hurdles <b>FINAL</b>
2:45 PM	Men's 110m Hurdles <b>FINAL</b>
<b>3:00 PM</b>	<b>Heptathlon Women's 200m</b>
<b>5:30 PM</b>	<b>Decathlon Men's 1500m</b>
5:45 PM	Women's 400m Hurdles Preliminaries
6:15 PM	Men's 400m Hurdles Preliminaries
6:35 PM	Women's 200m Preliminaries
7:00 PM	Men's 200m Preliminaries
7:20 PM	Women's 800m Semi-Finals
7:45 PM	Men's 800m Semi-Finals
8:10 PM	Women's 3000m <b>FINAL (TIMED FINALS)</b>
8:30 PM	Men's 5000m <b>FINAL (TIMED FINALS)</b>
	<b>Field Events / Concours</b>
9:00 AM	Women's Pole Vault <b>FINAL</b>
9:00 AM	Women's Hammer <b>FINAL</b>
9:15 AM	Men's Long Jump <b>FINAL</b>
9:15 AM	Men's Javelin <b>FINAL</b>
<b>10:30 AM</b>	<b>Decathlon Men's Discus</b>
<b>11:00 AM</b>	<b>Heptathlon Women's High Jump</b>
11:45 AM	Women's Long Jump <b>FINAL</b>
11:45 AM	Women's Javelin <b>FINAL</b>
12:15 PM	Men's Discus <b>FINAL</b>
<b>12:30 PM</b>	<b>Heptathlon Women's Shot Put</b>
<b>1:00PM</b>	<b>Decathlon Men's Pole Vault</b>
1:00 PM	Men's High Jump Qualifying (Group A)
1:15 PM	Men's Triple Jump Qualifying (Group A)
1:45 PM	Women's Shot Put Qualifying (Group A)
2:00 PM	Men's Hammer Qualifying (Group A)



2:45 PM	Men's Triple Qualifying (Group B)
3:00 PM	Men's High Jump Qualifying (Group B)
3:15 PM	Women's Shot Put Qualifying (Group B)
3:30 PM	Men's Hammer Qualifying (Group B)
<b>4:00pm</b>	<b>Decathlon Men's Javelin</b>
5:00 PM	Men's Pole Vault <b>FINAL</b>
5:00 PM	Women's High Jump <b>FINAL</b>
5:00 PM	Men's Shot Put Qualifying (Group A)
5:15 PM	Women's Triple Jump Qualifying (Group A)
5:15 PM	Women's Discus Qualifying (Group A)
6:45 PM	Men's Shot Put Qualifying (Group B)
6:45 PM	Women's Triple Qualifying (Group B)
6:45 PM	Women's Discus Qualifying (Group B)



**SUNDAY, JULY 10, 2011 – DAY 3**

Time/Heure	Event / Épreuve
	<b>Track Events / Piste</b>
1:00 PM	Women's 400m Hurdles Consolation Final
1:05 PM	Men's 400m Hurdles Consolation Final
1:10 PM	Women's 400m Hurdles <b>FINAL</b>
1:15 PM	Men's 400m Hurdles <b>FINAL</b>
1:30 PM	Women's 800m Consolation Final
1:35 PM	Men's 800m Consolation Final
1:40 PM	Women's 800m <b>FINAL</b>
1:45 PM	Men's 800m <b>FINAL</b>
2:00 PM	Women's 200m <b>FINAL</b>
2:05 PM	Men's 200m <b>FINAL</b>
<b>2:15 PM</b>	<b>Heptathlon Women's 800m</b>
2:25 PM	Women's 4 x 100m Relay <b>TIMED FINALS</b>
2:35 PM	Men's 4 x 100m Relay <b>TIMED FINALS</b>
2:45 PM	Women's 4 x 400m Relay <b>TIMED FINALS</b>
3:05 PM	Men's 4 x 400m Relay <b>TIMED FINALS</b>
	<b>Field Events / Concours</b>
<b>11:00 AM</b>	<b>Heptathlon Women's Long Jump</b>
12:00 PM	Men's Hammer <b>FINAL</b>
12:15 PM	Women's Shot Put <b>FINAL</b>
12:30 PM	Men's Triple Jump <b>FINAL</b>
<b>12:45 PM</b>	<b>Heptathlon Women's Javelin</b>
1:30 PM	Women's Discus <b>FINAL</b>
1:45 PM	Men's High Jump <b>FINAL</b>
1:45 PM	Men's Shot Put <b>FINAL</b>
2:00 PM	Women's Triple Jump <b>FINAL</b>

**\*\*PLEASE NOTE THAT THE EVENT SCHEDULE MAY CHANGE IF QUALIFYING ROUNDS ARE NOT REQUIRED. PLEASE REFER TO FINAL SCHEDULE THAT IS PUBLISHED AT THE TECHNICAL MEETING\*\***