

**Canadian Junior Track And Field Championships /  
Championnat canadien junior d'athlétisme**

**Schedule / Horaire de la compétition (as of January 24 2011 / en date du 24 janvier 2011)**

**\*\*PLEASE NOTE THAT THE SCHEDULE MAY CHANGE IF QUALIFYING ROUNDS ARE NOT REQUIRED. PLEASE REFER TO FINAL SCHEDULE THAT IS PUBLISHED AT THE TECHNICAL MEETING / VEUILLEZ REMARQUER QUE L'HORAIRE PEUT ÊTRE MODIFIÉ SI UN TOUR DE QUALIFICATION N'EST PAS REQUIS. VEUILLEZ VOUS RÉFÉRER À L'HORAIRE FINAL QUI SERA PUBLIÉ LORS DE LA RÉUNION TECHNIQUE\*\***

**FRIDAY JULY 8 / VENDREDI 8 JUILLET**

| Time/Heure      | Event / Épreuve                                                              |
|-----------------|------------------------------------------------------------------------------|
|                 | <b>Track Events / Piste</b>                                                  |
| <b>10:45 am</b> | <b>Decathlon 100m</b>                                                        |
| 1:00 PM         | Women's 100m Femmes Preliminaries / Séries                                   |
| 1:20 PM         | Men's 100m Hommes Preliminaries / Séries                                     |
| 1:45 PM         | Women's 1500m Femmes Semi-Finals / Demi-finales                              |
| 2:05 PM         | Men's 1500m Hommes Semi-Finals / Demi-finales                                |
| 2:25 PM         | Women's 400m Femmes Preliminaries / Séries                                   |
| 2:50 PM         | Men's 400m Hommes Preliminaries / Séries                                     |
| <b>5:30 pm</b>  | <b>Decathlon 400m</b>                                                        |
| 6:00 PM         | Women's 100m Hurdles Preliminaries / 100m Haies Femmes Séries                |
| 6:20 PM         | Men's 110m Hurdles Preliminaries / 110m Haies Hommes Séries                  |
| 6:40 PM         | Women's 2000m Steeplechase <b>FINAL</b> / 2000m Steeple Femmes <b>FINALE</b> |
| 7:00 PM         | Men's 3000m Steeplechase <b>FINAL</b> / 3000m Steeple Hommes <b>FINALE</b>   |
| 7:20 PM         | Women's 100m Femmes Semi-Finals / Demi-finales                               |
| 7:30 PM         | Men's 100m Hommes Semi-Finals / Demi-finales                                 |
|                 | <b>Field Events / Concours</b>                                               |
| <b>11:30 AM</b> | <b>Decathlon Long Jump / Longueur</b>                                        |
| 11:30 AM        | Women's Pole Vault Qualifying (Group A) / Perche Femmes Qualif. Groupe A     |
| 11:30 AM        | Women's High Jump Qualifying (Group A) / Hauteur Femmes Qualif. Groupe A     |
| 12:00 PM        | Men's Javelin Qualifying (Group A) / Javelot Hommes Qualif. Groupe A         |
| 12:15 PM        | Women's Hammer Qualifying (Group A) / Marteau Femmes Qualif. Groupe A        |
| 1:00 PM         | Men's Long Jump Qualifying (Group A) / Longueur Hommes Qualif. Groupe A      |
| <b>1:00 PM</b>  | <b>Decathlon Shot Put / Poids</b>                                            |
| 1:15 PM         | Women's High Jump Qualifying (Group B) / Hauteur Femmes Qualif. Groupe B     |
| 1:30 PM         | Men's Javelin Qualifying (Group B) / Javelot Hommes Qualif. Groupe B         |
| 1:45 PM         | Women's Hammer Qualifying (Group B) / Marteau Femmes Qualif. Groupe B        |
| 2:00 PM         | Women's Pole Vault Qualifying (Group B) / Perche Femmes Qualif. Groupe B     |
| 2:30 PM         | Men's Long Jump Qualifying (Group B) / Longueur Hommes Qualif. Groupe B      |
| <b>3:00 PM</b>  | <b>Decathlon High Jump / Hauteur</b>                                         |
| 4:15 PM         | Men's Pole Vault Qualifying (Group A) / Perche Hommes Qualif. Groupe A       |
| 5:00 PM         | Women's Javelin Qualifying (Group A) / Javelot Femmes Qualif. Groupe A       |
| 5:15 PM         | Women's Long Jump Qualifying (Group A) / Longueur Femmes Qualif. Groupe A    |
| 5:15 PM         | Men's Discus Qualifying (Group A) / Disque Hommes Qualif. Groupe A           |
| 6:30 PM         | Women's Javelin Qualifying (Group B) / Javelot Femmes Qualif. Groupe B       |
| 6:30 PM         | Men's Pole Vault Qualifying (Group B) / Perche Hommes Qualif. Groupe B       |
| 6:45 PM         | Women's Long Jump Qualifying (Group B) / Longueur Femmes Qualif. Groupe B    |
| 6:45 PM         | Men's Discus Qualifying (Group B) / Disque Hommes Qualif. Groupe B           |



# SATURDAY JULY 9 / SAMEDI 9 JUILLET

| Time/Heure      | Event / Épreuve                                                         |
|-----------------|-------------------------------------------------------------------------|
|                 | <b>Track Events / Piste</b>                                             |
| <b>9:30 am</b>  | <b>Decathlon 110m Hurdles / 110m Haies</b>                              |
| <b>10:00am</b>  | <b>Heptathlon 100m Hurdles / 100m Haies</b>                             |
| 1:00 PM         | Women's 100m Hurdles Semi-Finals / 100m Haies Femmes Demi-finales       |
| 1:15 PM         | Men's 110m Hurdles Semi-Finals / 110m Haies Hommes Demi-finales         |
| 1:30 PM         | Women's 1500m Femmes <b>FINAL / FINALE</b>                              |
| 1:40 PM         | Men's 1500m Hommes <b>FINAL / FINALE</b>                                |
| 1:50 PM         | Women's 400m Consolation Final / 400m Femmes Finale de consolation      |
| 1:55 PM         | Men's 400m Consolation Final / 400m Hommes Finale de consolation        |
| 2:00 PM         | Women's 400m Femmes <b>FINAL / FINALE</b>                               |
| 2:05 PM         | Men's 400m Hommes <b>FINAL / FINALE</b>                                 |
| 2:15 PM         | Women's 100m Femmes <b>FINAL / FINALE</b>                               |
| 2:20 PM         | Men's 100m Hommes <b>FINAL / FINALE</b>                                 |
| 2:35 PM         | Women's 100m Hurdles <b>FINAL / 100m Haies Femmes FINALE</b>            |
| 2:45 PM         | Men's 110m Hurdles <b>FINAL / 110m Haies Hommes FINALE</b>              |
| <b>3:00 PM</b>  | <b>Heptathlon 200m</b>                                                  |
| <b>5:30 PM</b>  | <b>Decathlon 1500m</b>                                                  |
| 5:45 PM         | Women's 400m Hurdles Preliminaries / 400m Haies Femmes Séries           |
| 6:15 PM         | Men's 400m Hurdles Preliminaries / 400m Haies Hommes Séries             |
| 6:35 PM         | Women's 200m Femmes Preliminaries / Séries                              |
| 7:00 PM         | Men's 200m Hommes Preliminaries / Séries                                |
| 7:20 PM         | Women's 800m Femmes Semi-Finals / Demi-finales                          |
| 7:45 PM         | Men's 800m Hommes Semi-Finals / Demi-finales                            |
| 8:10 PM         | Women's 3000m Femmes <b>FINAL / FINALE (TIMED FINALS)</b>               |
| 8:30 PM         | Men's 5000m Hommes <b>FINAL / FINALE (TIMED FINALS)</b>                 |
|                 | <b>Field Events / Concours</b>                                          |
| 9:00 AM         | Women's Pole Vault <b>FINAL / Perche Femmes FINALE</b>                  |
| 9:00 AM         | Women's Hammer <b>FINAL / Marteau Femmes FINALE</b>                     |
| 9:15 AM         | Men's Long Jump <b>FINAL / Longueur Hommes FINALE</b>                   |
| 9:15 AM         | Men's Javelin <b>FINAL / Javelot Hommes FINALE</b>                      |
| <b>10:30 AM</b> | <b>Decathlon Discus / Disque</b>                                        |
| <b>11:00 AM</b> | <b>Heptathlon High Jump / Hauteur</b>                                   |
| 11:45 AM        | Women's Long Jump <b>FINAL / Longueur Femmes FINALE</b>                 |
| 11:45 AM        | Women's Javelin <b>FINAL / Javelot Femmes FINALE</b>                    |
| 12:15 PM        | Men's Discus <b>FINAL / Disque Hommes FINALE</b>                        |
| <b>12:30 PM</b> | <b>Heptathlon Shot Put / Poids</b>                                      |
| <b>1:00 PM</b>  | <b>Decathlon Pole Vault / Perche</b>                                    |
| 1:00 PM         | Men's High Jump Qualifying (Groups A) / Hauteur Hommes Qualif. Groupe A |
| 1:15 PM         | Men's Triple Jump Qualifying (Group A) / Triple Hommes Qualif. Groupe A |
| 1:45 PM         | Women's Shot Put Qualifying (Group A) / Poids Femmes Qualif. Groupe A   |
| 2:00 PM         | Men's Hammer Qualifying (Group A) / Marteau Hommes Qualif. Groupe A     |
| 2:45 PM         | Men's Triple Qualifying (Group B) / Triple Hommes Qualif. Groupe B      |
| 3:00 PM         | Men's High Jump Qualifying (Groups B) / Hauteur Hommes Qualif. Groupe A |



|                |                                                                           |
|----------------|---------------------------------------------------------------------------|
| 3:15 PM        | Women's Shot Put Qualifying (Group B) / Poids Femmes Qualif. Groupe B     |
| 3:30 PM        | Men's Hammer Qualifying (Group B) / Marteau Hommes Qualif. Groupe B       |
| <b>4:00 PM</b> | <b>Decathlon Javelin / Javelot</b>                                        |
| 5:00 PM        | Men's Pole Vault <b>FINAL</b> / Perche Hommes <b>FINALE</b>               |
| 5:00 PM        | Women's High Jump <b>FINAL</b> / Hauteur Femmes <b>FINALE</b>             |
| 5:00 PM        | Men's Shot Put Qualifying (Group A) / Poids Hommes Qualif. Groupe A       |
| 5:15 PM        | Women's Triple Jump Qualifying (Group A) / Triple Femmes Qualif. Groupe A |
| 5:15 PM        | Women's Discus Qualifying (Group A) / Disque Femmes Qualif. Groupe A      |
| 6:45 PM        | Men's Shot Put Qualifying (Group B) / Poids Hommes Qualif. Groupe B       |
| 6:45 PM        | Women's Triple Qualifying (Group B) / Triple Femmes Qualif. Groupe B      |
| 6:45 PM        | Women's Discus Qualifying (Group B) / Disque Femmes Qualif. Groupe B      |



# SUNDAY JULY 10 / DIMANCHE 10 JUILLET

| Time/Heure      | Event / Épreuve                                                                               |
|-----------------|-----------------------------------------------------------------------------------------------|
|                 | <b>Track Events / Piste</b>                                                                   |
| 1:00 PM         | Women's 400m Hurdles Consolation Final / 400m Haies Femmes Finale de consolation              |
| 1:05 PM         | Men's 400m Hurdles Consolation Final / 400m Haies Hommes Finale de consolation                |
| 1:10 PM         | Women's 400m Hurdles <b>FINAL</b> / 400m Haies Femmes <b>FINALE</b>                           |
| 1:15 PM         | Men's 400m Hurdles <b>FINAL</b> / 400m Haies Hommes <b>FINALE</b>                             |
| 1:30 PM         | Women's 800m Consolation Final / 800m Femmes Finale de consolation                            |
| 1:35 PM         | Men's 800m Consolation Final / 800m Hommes Finale de consolation                              |
| 1:40 PM         | Women's 800m Femmes <b>FINAL</b> / <b>FINALE</b>                                              |
| 1:45 PM         | Men's 800m Hommes <b>FINAL</b> / <b>FINALE</b>                                                |
| 2:00 PM         | Women's 200m Femmes <b>FINAL</b> / <b>FINALE</b>                                              |
| 2:05 PM         | Men's 200m Hommes <b>FINAL</b> / <b>FINALE</b>                                                |
| <b>2:15 PM</b>  | <b>Heptathlon 800m</b>                                                                        |
| 2:25 PM         | Women's 4 x 100m Relay <b>TIMED FINALS</b> / Relais 4 x 100m Femmes <b>FINALE</b> (aux temps) |
| 2:35 PM         | Men's 4 x 100m Relay <b>TIMED FINALS</b> / Relais 4 x 100m Hommes <b>FINALE</b> (aux temps)   |
| 2:45 PM         | Women's 4 x 400m Relay <b>TIMED FINALS</b> / Relais 4 x 400m Femmes <b>FINALE</b> (aux temps) |
| 3:05 PM         | Men's 4 x 400m Relay <b>TIMED FINALS</b> / Relais 4 x 400m Hommes <b>FINALE</b> (aux temps)   |
|                 | <b>Field Events / Concours</b>                                                                |
| <b>11:00 AM</b> | <b>Heptathlon Long Jump / Longueur</b>                                                        |
| 12:00 PM        | Men's Hammer <b>FINAL</b> / Marteau Hommes <b>FINALE</b>                                      |
| 12:15 PM        | Women's Shot Put <b>FINAL</b> / Poids Femmes <b>FINALE</b>                                    |
| 12:30 PM        | Men's Triple Jump <b>FINAL</b> / Triple Hommes <b>FINALE</b>                                  |
| <b>12:45 PM</b> | <b>Heptathlon Javelin / Javelot</b>                                                           |
| 1:30 PM         | Women's Discus <b>FINAL</b> / Disque Femmes <b>FINALE</b>                                     |
| 1:45 PM         | Men's High Jump <b>FINAL</b> / Hauteur Hommes <b>FINALE</b>                                   |
| 1:45 PM         | Men's Shot Put <b>FINAL</b> / Poids Hommes <b>FINALE</b>                                      |
| 2:00 PM         | Women's Triple Jump <b>FINAL</b> / Triple Femmes <b>FINALE</b>                                |

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