



**2009 Provincial Track and Field Championships
2009 Canada Summer Games Trials
Revised Tentative Schedule**

Friday, July 3, 2009

TRACK

6:00 pm	110mH 100mH 80mH	Open Men Open M/F Open M /F
6:30 pm	400m Heats 400m Heats	Open Men Open Women
7:00 pm	100m Heats 100m Heats	Men Women
7:45 pm	1500m 1500m	Men Women
8:30 pm	100m Final 100m Final	Men's Final Women's Final
8:40 pm	400m Final 400m Final	Men's Final Women's Final

FIELD

6:00 pm	Discus	Men Women
6:00 pm	Pole Vault	Women Men
6:00 pm	Long Jump	Men (2 flights) Women (2 flights)
7:30 pm	Javelin	Men Women



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Saturday, July 4, 2009

TRACK

9:00 am	5000m 5000m	Men Women
10:00 am	200m Heats 200m Heats	Mens Womens
11:00 pm	4x100m relay 4x100m relay	Men Women
11:15 pm	800m 800m	Men Women
12:15 pm	200m Final 200m Final	Men Women
12:30 pm	4x400m relay 4x400m relay	Men Women

FIELD

9:00 am	High Jump	Men (2 flights) Women (2 flights)
9:00 am	Shot Put	Men Women
9:00 am	Triple Jump	Men Women
10:30am	Hammer	Men Women