



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

**Friday, July 3, 2009**

**TRACK**

6:00 pm	110mH	Men
	100mH	Men/Women
	80mH	Men/Women
6:30 pm	300m Heats	Men
	300m Heats	Women
	400m Heats	Men
	400m Heats	Women
7:00 pm	100m Heats	Men
	100m Heats	Women
7:45 pm	1500m	Men
	1500m	Women
8:30 pm	100m Final	Men
	100m Final	Women
8:40 pm	400m Final	Men
	400m Final	Women

**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	Men
	5000m	Women
9:30 am	200m/300m/400m Hurdles	Men Women
10:00 am	150m Heats	Men
	150m Heats	Women
	200m Heats	Men
	200m Heats	Women
11:00 pm	4x100m relay	Men
	4x100m relay	Women
11:15 pm	800m	Men
	800m	Women
12:15 pm	150m Final	Men
	150m Final	Women
	200m Final	Men
	200m Final	Women
12:30 pm	4x400m relay	Men
	4x400m relay	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