

Western Canada Midget Championships
Tentative meet schedule
 July 11, 2009

		9:00	Hammer W
10:00	100m W (heats)	9:30	Hammer M
10:30	100m M (heats)	10:00	High Jump W
11:00	1200m W	11:00	High Jump M
11:30	1200m M	11:00	Shot Put W
12:00	Break	12:00	Break
1:05	80mH – 30" W	1:05	Shot Put M
1:20	100mH – 33" M	1:05	Triple Jump W
1:30	100m (final)	1:50	Triple Jump M
1:45	300m W		
2:00	300m M		
2:25	1500m RW W		
2:45	1500m RW M		
3:00	4x100m W		
3:20	4x 100m M		
5:00	Social		

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 July 12, 2009

Time:	Track:	Time:	Field:
9:00	2000m W	9:00	Pole Vault W
9:40	2000m M	9:30	Pole Vault M
10:10	200mH – 30" W	10:30	Discus W
10:35	200mH – 33" M	11:00	Discus M
11:15	200m W (heats)		
11:45	200m M (heats)		
12:00	Break	12:00	Break
1:05	800m W	1:00	Long Jump W
1:45	800m M	1:00	Javelin W
2:00	200m (final)	1:40	Long Jump M
		1:40	Javelin M
2:25	Awards		