



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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2010 Provincial Track and Field Age Class Championships University Stadium Saturday, July 10th & Sunday July 11th

Tentative Schedule

Schedule will be updated once all entry numbers are submitted.

Saturday, July 10, 2010

TRACK

9:00 am	150m/200m Heats	(Men / Women)
9:45 am	3000m	(Women)
10:10 am	5000m	(Men)
10:30 am	80 / 100 / 110m Hurdles Finals	(Men/ Women)
11:00 am	800m	(Men / Women)
11:45 am	150m/ 200m Finals	(Men / Women)
12:15 pm	4x400m Relay	(Men / Women)

FIELD

9:00 am	Shot Put	(Men / Women)
9:00 am	Pole Vault	(Men / Women)
9:00 am	Long Jump	(Men)
10:30 am	Javelin	(Men / Women)
10:30 am	Long Jump	(Women)

Sunday, July 11, 2010

TRACK

9:00 am	100m heats	(Men / Women)
9:45 am	300m / 400m Finals (Men / Women)
10:30 am	2000/3000m Steeplechase	(Men / Women)
10:50 am	1200m Finals	(Men / Women)
11:05 am	1500m Finals	(Men / Women)
11:25 am	200/300/400m Hurdles	(Men / Women)
11:45 am	4x100m Relay	(Men / Women)

FIELD

9:00 am	High Jump	(Women)
9:00 am	Hammer	(Men / Women)
9:00 am	Triple Jump	(Men)
10:30 am	Discus	(Men / Women)
10:30 am	High Jump	(Men)
10:30 am	Triple Jump	(Women)



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