



# TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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## 2010 Provincial Track and Field Age Class Championships University Stadium Saturday, July 10<sup>th</sup> & Sunday July 11<sup>th</sup>

**Tentative Schedule- revised (Shot & Hammer switched)  
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	Hammer	(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)
11:20 am	100m Finals	(Men / Women)
11:30 am	200/300/400m Hurdles	(Men / Women)
11:50 am	4x100m Relay	(Men / Women)

#### FIELD

9:00 am	High Jump	(Women )
9:00 am	Shot Put	(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)

