

TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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2013 Provincial Age Class Championships & Canada Games Qualifier Final Schedule

Events can run up to 15mins ahead of schedule

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Friday, July 5, 2013
TRACK
5:30 pm
                  Event #1 100m Decathlon Men (5)
5:30 pm
                  Event #1 100m Octathlon Men (1)
5:35 pm
                  Event #1 100mh Heptathlon Women (2)
5:50 pm
                  100m Timed Finals (Midget Men) (8)
6:00 pm
                  100m Timed Finals (Midget Women) (9)
6:10 pm
                  100m Heats (Youth Men) (12)
6:20 pm
                  100m Heats (Youth Women) (13)
6:30 pm
                  100m Heats (Canada Games/Open Men) (11)
                  100m Final (Canada Games/Open Women) (8)
6:40 pm
6:50 pm
                  80m Timed Final Pee Wee/Bantam Men (4) (6)
7:00 pm
                  80mTimed Final Pee Wee/Bantam Women (10) (11)
                  1500m Timed Final (Youth & older, Canada Games Men) (13) (14)
7:15 pm
7:30 pm
                  1500m Timed Final (Youth & older, Canada Games Women) (11) (4)
7:45 pm
                  300m Timed Final (Bantam/Midget Men) (5) (8)
7:55 pm
                  300m Timed Final (Bantam/Midget Women) (3) (8)
8:00 pm
                  Event #4 200m Heptathlon Women (2)
8:10 pm
                  100m Final (Youth Men)
8:15 pm
                  100m Final (Youth Women)
                  100m Final (Canada Games Men)
8:20 pm
                  1200m Timed Finals (Bantam/Midget Men) (2) (9)
8:25 pm
8:35 pm
                  1200m Timed Finals (Midget Women) (5)
8:45 pm
                  400m Timed Finals (Youth Men) (9)
                  400m Timed Finals (Youth Women) (10)
8:50 pm
9:00 pm
                  400m Timed Finals (Canada Games Men/Open) (16)
9:15 pm
                  400m Timed Finals (Canada Games Women/Open) (8)
                  Event #5 400m Decathlon Men/ Event #4 400m Octathlon Men (5) (1)
9:20 pm
9:25 pm
                  4x100m Relays (M) & (W) (3) (1)
FIELD
5:30 pm
                  Shot Put -Pee Wee/Bantam Men & Women 3 attempts- Stadium Throwing Circle (1)(3)/(1)(2)
                  Event #2 Long Jump Decathlon Men 3 attempts (5)
6:00 pm
                  Event #2 Long Jump Octathlon Men 3 attempts (1)
6:00 pm
6:00 pm
                  Event #2 High Jump Heptathlon Women (2)
                  Pole Vault - Open & CSG Men (2) (1)
6:00 pm
                  Discus - Midget - Open & CSG Men (3) (3) (2) (4)
6:00 pm
                  Shot Put - Midget- Open & CSG Women - Throws Area (2) (4) (3)
6:15 pm
                  Standing Long Jump - Pee Wee/Bantam Men & Women 3 attempts- North Pit (2)(8)/ (3)(4)
6:30 pm
7:00 pm
                  Triple Jump - Midget - Open & CSG Men (6) (3) (3)
                  Discus - Midget - Open & CSG Women (2) (3) (2)
7:30 pm
7:30 pm
                  Pole Vault - Open & CSG Women (8)
7:15 pm
                  Event #3 Shot Put Decathlon Men 3 attempts (5)
7:15 pm
                  Event #3 Shot Put Heptathlon Women 3 attempts (2)
7:15 pm
                  Event #3 Shot Put Octathlon Men 3 attempts (1)
8:00 pm
                  Triple Jump - Midget - Open & CSG Women (2) (3) (5)
8:15 pm
                  Shot Put - Midget - Open & CSG Men - Throws Area (3) (4) (2) (4)
8:15 pm
                  Event #4 High Jump Decathlon Men (5)
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Saturday, July 6, 2013

| IRACK | |
|----------|--|
| 9:00 am | Event #6 110mh- Decathlon Men (5) |
| 9:00 am | Event #5 110mh - Octathlon Men (1) |
| 9:00 am | 110mh Timed Final - CSG Men (3) |
| 9:05 am | 110mh Timed Final - Youth & Junior Men - (2) (3) |
| 9 15 am | 100mh Timed Final - Midget Men (2) |
| 9:20 am | 100mh Timed Final – CSG/Open Women (3) |
| 9:25 am | 100mh Timed Final –Youth Women (3) |
| 9:30 am | 80mh Timed Final - Bantam Men (4) |
| 9:35 am | 80mh Timed Final - Midget Women – (4) |
| 9:45 am | 3000m Timed Final - Youth & older Men (14) |
| 9:55 am | 3000m Timed Final - Youth & older Women (4) |
| 10:10 am | 200m Timed Final - Midget Men (8) |
| 10:15 am | 200m Timed Final - Midget Women (9) |
| 10:20 am | 200m Heats – Youth Men (14) |
| 10:30 am | 200m Heats - Youth Women (16) |
| 10:40 am | 200m Heats - CSG Men/Open (12) |
| 10:50 am | 200m Heats - CSG Women/Open (10) |
| 11:00 am | 600m Timed Finals - Pee Wee Men & Women (3) (2) |
| 11:05 am | 1500m Steeple – Women (2) |
| 11:10 am | 2000m Steeple - Youth Junior & CSG Women (2) (5) |
| 11:20 am | 2000m Steeple – Youth Men (1) |
| 11:35 am | 3000m Steeple – CSG & Open Men (3) |
| 11:45 am | 200mh Timed Final- Midget Men & Women (1) (2) |
| 11:50 am | 300mh Timed Final –Youth Men & Women (2) (2) |
| 12:00 pm | 400mh Timed Final –CSG & Open Men (4) |
| 12:05 pm | 400mh Timed Final - CSG & Open Women (2) |

Lunch Break

12:10 pm

| 12:40 pm 150m Timed Final - Pee Wee, Bantam Men (3) (7) 12:45 pm 150m Timed Final - Pee Wee, Bantam Women (7) (10) 12:50 pm 200m Finals - Youth Men 1:00 pm 200m Final - CSG Men 1:05 pm 200m Final - CSG Women 1:10 pm 800m Timed Final - Bantam, Midget & Youth Men (3) (11) (13) 1:20 pm 800m Timed Final - Bantam, Midget & Youth Women (1) (4) (13) 1:30 pm 800m Timed Final - Bantam, Midget & Youth Women (1) (4) (13) 1:35 pm 800m Timed Final - Bantam, Midget & Youth Women (8) 1:40 pm 2000m Timed Final - Bantam, Midget Men (3) 1:45 pm 2000m Timed Final - Bantam, Midget Women (2) 1:50 pm 4x400m Relays Men & Women (2) (1) 2:00 pm Event #8 1000m Octathlon Men (1) 2:05 pm Event #10 1500m Decathlon (5) |
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Event #7 800m Heptathlon Women (2)

| FIELD | |
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| 9:00 am | Javelin- Midget – Open & CSG Men (1) (3) (6) |
| 9:10 am | High Jump - Pee Wee/Bantam Women (2) (6) **** Time change**** |
| 9:10 am | Event #5 Long Jump- Heptathlon Women 3 attempts (2) |
| 9:30 am | Event #7 Discus Decathlon Men3 attempts (5) |
| 10:00 am | Long Jump - Pee Wee & Bantam Men 3 attempts (4) (7) |
| 10:30 am | Event #6 Javelin Heptathlon Women 3 attempts (2) |
| 11:00 am | High Jump- Pee Wee & Bantam Men Event #6- Octathlon 3 attempts – (2) (2) (1) |
| 11:15 am | Javelin- Midget - Open & CSG Women (1) (2) (4) |
| 11:15 am | Long Jump - Pee Wee/Bantam Women 3 attempts (8) (8) |
| 11:00 am | Event #8 Pole Vault- Decathlon Men (5) |
| 12:10 pm | High Jump-Midget- Open & CSG Women (1) (1) (2) |
| 12:25 pm | Long Jump- Midget – Open & CSG Men (7) (6) (1) - please note change of time |
| 12:30 pm | Event #9 Event #7 Javelin- Decathlon & Octathalon Men3 attempts (5) (1) |
| 12:30 pm | Ball Throw- Bantam Men & Women 3 attempts (2)/(1) ****Time changed**** |
| 1:00 pm | Hammer- Open & CSG Men & Women (1) (1) (5)/ (1) (2) |
| 1:10 pm | High Jump -Midget- Open & CSG Men (5) (3) (4) |
| 1:30 pm | Long Jump- Midget – Open & CSG Women (6) (6) (6) - please note change of time |