

# 2019 Canada West Challenge

FRIDAY, SATURDAY, SUNDAY, JULY 12 – 14, 2019

## TENTATIVE SCHEDULE

### FRIDAY, JULY 12

#### TRACK

5:00 pm	U16 Women	800m	Timed Final
5:10 pm	U16 Men	800m	Timed Final
5:20 pm	U18 Women	800m	Timed Final
5:30 pm	U18 Men	800m	Timed Final
5:40 pm	WCSG Women	800m	Final
5:50 pm	WCSG Men	800m	Final
6:00 pm	WCSG Women	100m	Heats
6:10 pm	WCSG Men	100m	Heats
6:20 pm	U16 Women	100m	Heats
6:40 pm	U16 Men	100m	Heats
6:55 pm	U18 Women	100m	Heats
7:10 pm	U18 Men	100m	Heats
7:25 pm	U18 Men	2000m St 33"	Final
7:45 pm	U18 Women	2000m St 30"	Final
8:00 pm	U16 Women	1500m St 30"	Final
8:15 pm	U16 Men	1500m St 30"	Final

#### FIELD

5:00 pm	WCSG Women	High Jump	y
5:00 pm	U18/WCSG Men	Hammer	y
5:00 pm	U18 men	Long Jump	South
5:00 pm	U16 Women	Shot Put	y
5:00pm	WCSG Women	Pole Vault	y
5:00pm	S/O Women	Long Jump	North Pit
6:45 pm	U16 Men	Long Jump	South
6:45 pm	U18 Women	High Jump	y
6:45 pm	U18/WCSG Women	Hammer	y
6:45 pm	WCSG Men	Pole Vault	y
6:45 pm	U16 Men	Shot Put	y
6:45 pm	S/O Men	Long Jump	North Pit

**SATURDAY, JULY 13, TRACK**

9:00 am	U16 Women	300m	Timed Final
9:10 am	U16 Men	300m	Timed Final
9:25 am	U18 Women	400m	Timed Final
9:35 am	U18 Men	400m	Timed Final
9:45 am	WCSG Women	400m	Timed Final
9:55 am	WCSG Men	400m	Timed Final
10:05am	Wheelchair Women	400m	Final
10:15 am	Wheelchair Men	400m	Final
10:30 am	U16 Women	100m	Final
10:35am	U16 Men	100m	Final
10:40 am	U18 Women	100m	Final
10:45 am	U18 Men	100m	Final
10:50 am	WCSG Women	100m	Final
10:55 am	WCSG Men	100m	Final
11:00 am	Special O Women	100m	Final
11:05 am	Special O Men	100m	Final
11:15 am	U16 Women	80m Hurdles 30"	Heats
11:30 am	U18 Women	100m Hurdles 30"	Heats
11:45 am	WCSG Women	100m Hurdles 33"	Heats
12:00 pm	U16 Men	100m Hurdles 33"	Heats
12:15 pm	U18 Men	110m Hurdles 36"	Heats
12:30 pm	WCSG Men	110m Hurdles 42"	Heats
	<b>LUNCH</b>	<b>LUNCH</b>	
1:30pm	WCSG Men	110m Hurdles 42"	Final
1:40 pm	U18 Men	110m Hurdles 36"	Final
1:50 pm	WCSG Women	100m Hurdles 33"	
2:00 pm	U18 Women	100m Hurdles 30"	Final
2:10 pm	U16 Men	100m Hurdles 30"	Final
2:20 pm	U16 Women	80m Hurdles 30"	Final
2:30 pm	WCSG Men	Wheelchair 800m	Final
2:40 pm	WCSG Women	1500m	Final
2:50 pm	WCSG Men	1500m	Final
3:00 pm	U18 Women	1500m	Final
3:10 pm	U18 Men	1500m	Final
3:20 pm	U16 Women	1200m	Final
3:30 pm	U16 Men	1200m	Final
3:45 pm	SP O Mixed Relay	4 x 100m	Final
3:55 pm	U16 Women	4 X 100	Timed Final
4:05 pm	U16 Men	4 X 100	Timed Final
4:15 pm	U18 Women	4 X 100	Timed Final
4:25 pm	U18 Men	4 X 100	Timed Final
4:35 pm	WCSG Women	4 X 100	Timed Final
4:45 pm	WCSG Men	4 X 100	Timed Final
5:00pm	U16 Women	200m	Heats
5:15pm	U16 Men	200m	Heats
5:30pm	U18 Women	200m	Heats
5:45 pm	U18 Men	200m	Heats
6:00pm	WCSG Women	200m	Heats
6:10pm	WCSG Men	200m	Heats

**FIELD**

8:30 am	U16 Women	Hammer	
9:00 am	U18 Women	Long Jump	
9:00 am	U18/WCSG Men	Shot Put	
10:00 am	U16 Women	Pole Vault	
10:00 am	WCSG Men	High Jump	
10:00 am	U16 Men	Hammer	
10:30 am	U16 Women	Long Jump	
10:30 am	U18 / WCSG Women	Shot Put	
12:30 pm	U18 Men	Discus	
1:00 pm	U18 Women	Pole Vault	
1:00 pm	WCSG women	Long Jump	
1:00 pm	U16 Men	Javelin	
2:00 pm	WCSG Men	Discus	
2:30pm	WCSG men	Long Jump	
2:30 pm	U16 Women	High Jump	
3:00 pm	U16 Men	Pole Vault	
3:00 pm	U16 Women	Javelin	
3:30 pm	U18 Women	Discus	
3:45 pm	U16 Men	Triple Jump	
5:00 pm	WCSG Women	Discus	
5:15 pm	U18 Men	Triple Jump	

**Sunday JULY 14, TRACK**

8:30 am	U16 Women	2000m	Final
8:45 am	U16 Men	2000m	Final
9:00 am	U18 / WCSG Women	3000m & 3km RW	Final
9:20 am	U18 / WCSG Men	3000m & 3km RW	Final
9:40 am	U16 Women	200m Hurdles 30"	Timed Final
9:50 am	U16 Men	200m Hurdles 30"	Timed Final
10:00 am	U18 Women	400m Hurdles 30"	Timed Final
10:10 am	WCSG Women	400m Hurdles 30"	Timed Final
10:20 am	U18 Men	400m Hurdles 33"	Timed Final
10:30 am	WCSG Men	400m Hurdles 36"	Timed Final
10:45am	U16 Women	200m	Final
10:50am	U16 Men	200m	Final
10:55 am	U18 Women	200m	Final
11:00 am	U18 Women	200m	Final
11:05 am	WCSG Women	200m	Final
11:10 am	WCSG Men	200m	Final
11:15 am	Special O Women	200m	Final
11:20 am	Special O Men	200m	Final
11:25 am	Wheelchair Women	200m	Final
11:30 am	Wheelchair Men	200m	Final
11:35 am	Wheelchair Women	800m	Final
11:40 am	Wheelchair Men	800m	Final
11:45am	U16 Women	Sprint Medley	Timed Final
11:55am	U16 Men	Sprint Medley	Timed Final
12:05 pm	U18 Women	4 X 400m	Timed Final
12:15 pm	U18 Men	4 X 400m	Timed Final
12:25 pm	WCSG Women	Medley	Timed Final
12:35 pm	WCSG Men	Medley	Timed Final

**FIELD**

8:30 am	U18 Women	Triple Jump	
8:30 am	U16 Men	Discus	
9:00 am	U16 Men	High Jump	
9:00 am	U18/WCSG Men	Javelin	
10:00 am	U16 women	Triple Jump	
10:00 am	U18 Men	Pole Vault	
10:00 am	U16 Women	Discus	
11:00 am	U18 men	High Jump	
11:00 am	U18 /WCSG Women	Javelin	
11:30 am	WCSG Women	Triple Jump	y
11:30 am	S/O Both	Shot Put	
12:30pm	WCSG Men	Triple Jump	