



Track	FINAL Schedule – Day 1 – Saturday February 13, 2016				# of races
	Events on straightaway and oval will be run concurrently. Sections will run from SLOW to FAST				
Time	Straightaway Event	Oval Event	Check-In Window	Age Group	
8:00	Facility Opens				
9:30	Coach's Meeting				
9:45		5000m Walk	8:15 – 9:15	SM	1
10:15		Sprint Medley Relay	8:45 – 9:45	MG, MB, JW, JM	6
10:45	60m Hurdles			ON vs QC (MG – MB)	2
10:55		1500m Walk		ON vs QC (MG – MB)	2
11:15	<b>Medal Presentations 5000m Walks &amp; Sprint Medley Relay</b>				
11:20		2000m		ON vs QC (MG – MB)	2
11:35		300m		ON vs QC (MG – MB)	4
11:50		2000m Steeplechase	10:20 – 11:20	Exhibition OW (76cm)	1
12:10	60m Heats		10:40 – 11:40	YG, YB	11
12:45	60m Timed Finals			ON vs QC (MG – MB)	2
<b>Lunch</b>	<b>12:50 – 1:50</b>				
1:50		800m		ON vs QC (MG – MB)	2
2:05		4x200m		ON vs QC (MG – MB)	2
2:15		4x200m	12:45 – 1:45	BG, BB, MG, MB, JW, JM	3
2:25	60m Semi-Finals		Not Required	YG, YB	6
2:45	60m Semi-Finals		1:15 – 2:15	SW, SM	5
2:55	<b>Medal Presentations 4x200m MG, JW, JM</b>				
3:00		400m	1:30 – 2:30	YG, YB	21
4:00		400m	2:30 – 3:30	SW, SM, Para All	8
4:30	60m Finals		Not Required	YG, YB, SW, SM	4
4:40		1500m	3:20 – 4:20	YG, YB	10
5:00	<b>Medal Presentations 400m YG, YB, SW, SM &amp; 60m YG, YB, SW, SM</b>				
5:35		1500m	4:05 – 5:05	SW, SM	3
5:50	<b>Medal Presentations 1500m YG, YB, SW and SM</b>				
Field	FINAL Schedule – Day 1 – Saturday February 13, 2016				# of athletes
Time	Event	Age Group			
9:00	Weight Throw (Warm-Ups at 8:30)	ON vs QC (MG – MB)			
10:15	Long Jump	ON vs QC (MG – MB)			
10:45	Pole Vault	ON vs QC (MB)			
11:00	Shot Put	ON vs QC (MG – MB)			
11:00	High Jump	ON vs QC (MG)			
11:45	Triple Jump	ON vs QC (MG – MB)			
12:00	Pole Vault	ON vs QC (MG)			
12:30	High Jump	ON vs QC (MB)			
<b>Lunch</b>					
1:30	Shot Put	YG, SW			12
2:00	Triple Jump	YB, SM			12
2:30	Pole Vault	SW			6
2:45	High Jump	YG			7
3:30	Shot Put	YB, SM Para All			8+1
3:30	Triple Jump	YG, SW			17
3:30	Pole Vault	YG			7
4:00	High Jump	SW			3
6:00*	Weight Throw	YG, YB, SW, SM			16

\*Warm-up for throws begin as soon as 1500m races gave concluded.



Track	FINAL Schedule – Day 2 – Sunday February 14, 2016				# of races
	Events on straightaway and oval will be run concurrently. Sections will run from SLOW to FAST				
Time	Straightaway Event	Oval Event	Check-In Window	Age Group	
8:30	Facility Opens				
9:45	Coach's Meeting				
10:00		3000m	8:30 – 9:30	YG, YB	5
11:00		3000m	9:30 – 10:30	SW, SM	2
11:20	<b>Medal Presentations 3000m YG and YB</b>				
11:30		4x800m	10:00 – 11:00	BG, BB, MG, MB, JW, JM	3
11:40	<b>Medal Presentations 3000m SW and SM</b>				
12:00	60mH Semi-Finals		10:30 – 11:30	YG, SW, YB, SM	6
12:20		800m	10:50 – 11:50	YG, YB	5
<b>Lunch</b>	<b>1:30 – 2:15</b>				
1:30	<b>Medal Presentations 800m YG and YB</b>				
2:15	60mH Finals		Not Required	SM, YB, SW, YG	3
2:35		4x400m	1:05 – 2:05	JW, JM	2
2:45		800m	1:15 – 2:15	SW, SM	12
2:45	<b>Medal Presentations 60mH All Age Groups</b>				
3:05		200m	1:35 – 2:35	YG, YB, Para All	24
3:15	<b>Medal Presentations 800m SW and SM</b>				
4:05		200m	2:35 – 3:35	SW, SM, Para All	8
4:15	<b>Medal Presentations 200m YG and YB</b>				
4:30	<b>Medal Presentations 200m SW and SM</b>				
Field	FINAL Schedule – Day 2 – Sunday February 14, 2016				
Time	Event		Age Group		
9:30	Long Jump		YG		17
10:00	High Jump		YB		11
10:00	Pole Vault		YB		4
11:30	Long Jump		SM		10
<b>Lunch</b>					
1:15	High Jump		SM		2
1:30	Long Jump		YB		11
2:00	Pole Vault		SM		3
3:00	Long Jump		SW		7

**Check-In Procedure:**

The standard check-in procedure used at Athletics Ontario Championships will be in use at this meet. Athletes entered in track events must check in at the designated check-in area separately for each event no sooner than 90 minutes and no later than 30 minutes prior to the scheduled or re-scheduled start time of the race.

Athletes entered in field events must check in at their event site before the start of the first trial for any competitor in the event.

Athletes who fail to check-in as required will not be allowed to compete in the event. Please allow extra time for bad weather, traffic problems, etc. Picking up bib numbers does not constitute a check-in.