

TENTATIVE Competition Schedule

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 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.



Track	Indoor Combined Events Championship w/Prep Meet Saturday January 19, 2019 Sections will run from SLOW to FAST *** NON-CHAMPIONSHIP EVENTS MAY GO UP TO 30MIN AHEAD OF SCHEDULE***			
Time	Event	Check-In	Round	Age Group
7:45	Facility Opens			
9:00	CE: 60mH		Timed Final	CE Boys: U18 (0.914m)
9:05	CE: 60m		Timed Final	CE Men: Open
9:10	CE: 60m		Timed Final	CE Men: U20
10:00	2000m		Timed Final	U16 Girls
10:15	2000m		Timed Final	U16 Boys
10:30	60mH		Prelim	Men: Open (1.067m)
10:35	60mH		Prelim	Men: U20 (0.990m)
10:40	60mH		Prelim	Boys: U18 (0.914m)
10:45	60mH		Prelim	Boys: U16 (0.840m)
10:50	60mH		Prelim	Women: Open (0.840m)
10:55	60mH		Prelim	Women: U20 (0.840m)
11:00	60mH		Prelim	Girls: U18 (0.762m)
11:05	60mH		Prelim	Girls: U16 (0.762m)
11:10	60mH		Prelim	Girls: U14 (0.762m)
11:15	60mH		Prelim	Boys: U14 (0.762m)
11:30	3000m		Timed Final	Open Women
11:45	3000m		Timed Final	Open Men
Track Break				
12:40	CE: 60mH		Timed Final	CE Boys: U14 (0.762m) – U16 (0.840m)
12:55	60mH	N/A	Final	Men: Open (1.067m)
1:00	60mH	N/A	Final	Men: U20 (0.990m)
1:05	60mH	N/A	Final	Boys: U18 (0.914m)
1:10	60mH	N/A	Final	Boys: U16 (0.840m)
1:15	60mH	N/A	Final	Women: Open (0.840m)
1:20	60mH	N/A	Final	Women: U20 (0.840m)
1:25	60mH	N/A	Final	Girls: U18 (0.762m)
1:30	60mH	N/A	Final	Girls: U16 (0.762m)
1:35	60mH	N/A	Final	Girls: U14 (0.762m)
1:40	60mH	N/A	Final	Boys: U14 (0.762m)
1:45	800m		Timed Final	Open Women
2:05	800m		Timed Final	Open Men
2:25	150m		Timed Final	U14 Girls
2:35	150m		Timed Final	U14 Boys
2:45	200m		Timed Final	Open Women
3:30	200m		Timed Final	Open Men
TBD	CE: 200m	N/A		CE Boys: U14 – U16
TBD	CE: 1000m	N/A		CE Boys: U18

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Field	Indoor Combined Events Championship w/Prep Meet Saturday January 19, 2019 *** NON-CHAMPIONSHIP EVENTS MAY GO UP TO 30MIN AHEAD OF SCHEDULE***				
	Weight Throw	Shot Put	High Jump	Pole Vault	Long Jump
8:15	Men all divisions 8:15				
8:30					
8:45					
9:00					
9:15					
9:30			Open Men 9:30		CE Men: U18 + U20 + OPEN Est. 9:30
9:45					
10:00				Open Men 10:00	
10:15					
10:30					
10:45					
11:00		CE Men: U18 + U20 + OPEN Est. 11:00			LONG JUMP Pit 1: Open Women and Pit 2: U16 Girls 11:00
11:15					
11:30					
11:45					
12:00			CE Men: U18 + U20 + OPEN Est. 12:00		
12:15					
12:30					
12:45		*Men Flight 1 12:45			
1:00					
1:15			CE Boys: U14 + U16 Est. 1 :15		
1:30					
1:45				Open Women 1:30	LONG JUMP Pit 1: Open Men And Pit 2: U16 Boys 1:45
2:00					
2:15					
2:30		CE Boys: U14 + U16 Est. 2:30			
2:45					
3:00			Open Women 3:00		
3:15					
3:30		*Men Flight 2 If needed 3:30			
3:45					
4:00					
4:15					
4:30					

*If the number of competitors in the Men's Shot Put are large, the U18, U20, and/or Open athletes will compete at 3:30PM, otherwise all athletes in the Shot Put will compete at 12:45.

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Track	Indoor Combined Events Championship w/Prep Meet Sunday January 20, 2019 Sections will run from SLOW to FAST *** NON-CHAMPIONSHIP EVENTS MAY GO UP TO 30MIN AHEAD OF SCHEDULE***			
Time	Event	Check-In	Round	Age Group
7:45	Facility Opens			
9:00	CE: 60mH		Timed Final	CE Women: U18 (0.762m) – U20 (0.840m) – Open (0.840m)
10:00	60m		Prelim	U16 Girls (Combined – Top 24 to final)
	60m		Prelim	Open Women (Combined – Top 24 to final)
10:50	CE: 60mH		Timed Final	CE Girls : U14 (0.762m) – U16 (0.762m)
11:00	60m		Prelim	U16 Boys (Combined – Top 24 to final)
	60m		Prelim	Open Men (Combined – Top 24 to final)
11:45	1200		Timed Final	U16 Girls
	1200		Timed Final	U16 Boys
12:00	1500		Timed Final	Open Women
	1500		Timed Final	Open Men
	1500m RW		Timed Final	Open Women + Open Men
Track Break				
1:00	CE: 60mH	N/A	Timed Final	CE Men: U20 (0.990m) – Open (1.067m)
1:15	60m	N/A	Final	U16
1:30	60m	N/A	Final	Open Women
1:45	60m	N/A	Final	U16
2:00	60m	N/A	Final	Open Men
TBD	200m		Timed Final	CE Girls: U14
TBD	200m		Timed Final	CE Girls: U16
TBD	800m		Timed Final	CE Women: U18
TBD	800m		Timed Final	CE Women: U20
TBD	800m		Timed Final	CE Women: Open
2:35	300		Timed Final	U16 Girls
2:45	300		Timed Final	U16 Boys
3:00	400		Timed Final	Open Women
3:45	400		Timed Final	Open Men
TBD	1000m	N/A	Timed Final	CE Men: U20
TBD	1000m	N/A	Timed Final	CE Men: OPEN

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Indoor Combined Events Championship w/Prep Meet Sunday January 20, 2019 *** NON-CHAMPIONSHIP EVENTS MAY GO UP TO 30MIN AHEAD OF SCHEDULE***					
	Weight Throw	Shot Put	High Jump	Pole Vault	Long/Triple Jump
8:15	Women all divisions 8:15				
8:30					
8:45					
9:00					
9:15					
9:30			CE Women: U18, U20 & Open Est. 9:30		TRIPLE JUMP Pit 1: Open Women and Pit 2: U16 Girls 9:30
9:45	*Women Flight 1 9:45				
10:00					
10:15					
10:30					
10:45					
11:00					
11:15		CE Women: U18, U20 & Open Est. 11:15	CE Girls: U14 & U16 Est. 11:30		
11:30					
11:45					
12:00					
12:15					
12:30					CE Women: U18, U20 & Open Est. 12:30
12:45					
1:00					
1:15		CE Girls: U14 & U16 Est. 1:15			
1:30					
1:45					
2:00				CE Men: U20 & Open Est. 2:00	
2:15					
2:30		*Women Flight 2 *if needed 2:30			TRIPLE JUMP Pit 1: Open Men And Pit 2: U16 Boys 2:15
2:45					
3:00					
3:15					
3:30					
3:45					
4:00					

*If the number of competitors in the Women's Shot Put are large, the U18, U20, and/or Open athletes will compete at 2:30PM, otherwise all athletes in the Shot Put will compete at 11:15.