

FINAL Schedule – U18 & Open Championships

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 U18 and Open Championship and Ontario vs. Quebec U16 Dual Meet Saturday, February 9, 2019 Sections will run from SLOW to FAST Morning oval and straight events will occur simultaneously
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MORNING OVAL – FACILITY OPENS AT 7:30				
Time	Event	Check-In	Round	Age Group (Number of Athletes)
9:40	3k Walk	8:10 – 9:10	Timed Final	U18 Girls (3) + OW (5)
10:10	5k Walk	8:40 – 9:40	Timed Final	OM (1)
10:45	2000m	N/A	Timed Final	ON vs QC: U16 Girls
10:55	2000m	N/A	Timed Final	ON vs QC: U16 Boys
11:05	1500m	9:35 – 10:35	Timed Final	U18 Girls (58)
11:45	1500m	10:15 – 11:15	Timed Final	OW (12)
11:55	1500m	10:25 – 11:25	Timed Final	U18 Boys (60)
12:30	1500m	11:00 – 12:00	Timed Final	OM (31)
12:50	300m	N/A	Timed Final	ON vs QC: U16 Girls - U16 Boys
1:05	800m	N/A	Timed Final	ON vs QC: U16 Girls – U16 Boys

MORNING STRAIGHT – FACILITY OPENS AT 7:30				
Time	Event	Check-In	Round	Age Group (Number of Athletes)
10:00	60m Hurdles	N/A	Timed Final	ON vs QC: U16 Girls
10:05	60m Hurdles	N/A	Timed Final	ON vs QC: U16 Boys
10:15	60m	8:45 – 9:45	Prelims	U18 Girls (48)
10:30	60m	9:00 – 10:00	Prelims	*OW (29)
10:45	60m	9:15 – 10:15	Prelims	U18 Boys (57)
11:10	60m	9:40 – 10:40	Prelims	*OM (35)
11:30	60m	N/A	Timed Final	ON vs QC: U16 Girls - U16 Boys
11:50	60m	N/A	Semi Finals	U18 Girls
12:00	60m	N/A	Semi Finals	*OW
12:15	60m	N/A	Semi Finals	U18 Boys
12:25	60m	N/A	Semi Finals	*OM

REST OF THE DAY				
1:25	60m	N/A	Finals	U18 Girls
1:30	60m	N/A	Finals	OW
1:35	60m	N/A	Finals	U18 Boys
1:40	60m	N/A	Finals	OM
1:55	200m	N/A	Timed Final	U16 Tetrathlon Re-Run
2:00	1500m Walk	N/A	Timed Final	ON vs QC: U16 Girls + U16 Boys
2:10	4x200m	N/A	Timed Final	ON vs QC: U16 Girls
2:15	4x200m	N/A	Timed Final	ON vs QC: U16 Boys
2:20 – 2:30	Awards: On vs. Qc Medal Presentations			
2:30	4x200m	Relay Cards	Timed Final	U18 Girls (9) – OW (1)
2:40	4x200m	Relay Cards	Timed Final	U18 Boys (6) – OM (1)
2:50	4x800m	Relay Cards	Timed Final	U18 Girls (2) + OW (3)
3:05	4x800m	Relay Cards	Timed Final	U18 Boys (2) + OM (3)
3:20	400m	1:50 – 2:50	Timed Final	U18 Girls (38) – OW (10)
3:50	400m	2:20 – 3:20	Timed Final	U18 Boys (47) – OM (12)

If the number of participants drops below 24 after the check-in has closed, the event will not have a semi-final. 8 athletes will qualify for the final

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Field	Indoor U18 and Open Championship and Ontario vs. Quebec U16 Dual Meet Saturday, February 9, 2019					
	Throws	Horizontals: Pit 1	Horizontals: Pit 2	High Jump	Pole Vault	
8:15	ON vs QC WEIGHT THROW Boys (6) + Girls (6) 8:15					
8:30						
8:45						
9:00						
9:15						
9:30				ON vs QC HIGH JUMP Girls (7) 9:30		
9:45						
10:00						
10:15	ON vs QC SHOT PUT Boys (7) + Girls (7) 10:15	ON vs QC TRIPLE JUMP Girls (7) 10:15	ON vs QC TRIPLE JUMP Boys (7) 10:15		ON vs QC POLE VAULT Boys (4) 10:00	
10:30						
10:45						
11:00						
11:15						
11:30		ON vs QC LONG JUMP Girls (7) 11:30	ON vs QC LONG JUMP Boys (7) 11:30	ON vs QC HIGH JUMP Boys (7) 11:15		
11:45						
12:00						
12:15					ON vs QC POLE VAULT Girls (2) 12:00	
12:30	SHOT PUT U18G (15) + OW (3) 12:30					
12:45						
1:00						
1:15			LONG JUMP U18 Boys (19) *Flight 1* 1:15	LONG JUMP U18 Boys *Flight 2* 1:15		
1:30						
1:45				HIGH JUMP U18 Boys (16) 1:45		
2:00						
2:15						
2:30					POLE VAULT Open Women (5) 2:15	
2:45		LONG JUMP U18 Girls (29) *Flight 1* 3:00	LONG JUMP U18 Girls *Flight 2* 3:00			
3:00	SHOT PUT U18B (11) + OM (4) 3:00					
3:15						
3:45						
4:00						
4:15				HIGH JUMP Open Men (8) 4:15		
4:30						
4:45		LONG JUMP Open Men (13) 4:45	LONG JUMP Open Women (11) 4:45		POLE VAULT Open Men (6) 5:00	
5:00						
5:15						
5:30						
5:45						
6:00						
6:15						
6:30						

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Track	Indoor U18 and Open Championship Sunday, February 10, 2019 Sections will run from SLOW to FAST			
	FACILITY OPENS AT 7:30			
Time	Event	Check-In	Round	Age Group
11:00	3000m	9:30 – 10:30	Timed Final	U18 Girls (14)
11:15	3000m	9:45 – 10:45	Timed Final	OW (4)
11:30	3000m	10:00 – 11:00	Timed Final	U18 Boys (28)
11:55	3000m	10:25 – 11:25	Timed Final	OM (18)
12:20	60m Hurdles	10:50 – 11:50	Prelims	Girls: U18 (0.762m) (18)
12:35	60m Hurdles	11:05 – 12:05	*Final	*Women: Open (0.840m) (4)
12:40	60m Hurdles	11:10 – 12:10	Prelims	Boys: U18 (0.914m) (13)
Track Break				
1:40	60m Hurdles	N/A	Final	Boys: U18 (0.914m)
1:45	60m Hurdles	N/A	*Extra Run	Women: Open (0.840m)
1:50	60m Hurdles	N/A	Final	Girls: U18 (0.762m)
2:00	800m	12:30 – 1:30	Timed Final	U18 Girls (53)
2:25	800m	12:55 – 1:55	Timed Final	OW (14)
2:35	800m	1:05 – 2:05	Timed Final	U18 Boys (45)
3:00	800m	1:30 – 2:30	Timed Final	OM (20)
3:15	200m	1:45 – 2:45	Timed Final	U18 Girls (56)
3:55	200m	2:25 – 3:25	Timed Final	OW (17)
4:10	200m	2:40 – 3:40	Timed Final	U18 Boys (60)
4:55	200m	3:25 – 4:25	Timed Final	OM (18)
5:10	SMR (2-2-4-8)	Relay Cards	Timed Final	U18 Girls (5) – OW (2)
5:25	SMR (2-2-4-8)	Relay Cards	Timed Final	U18 Boys (2) + OM (2)

The Open Women 60mH first race will be the championship race. Awards will be based off of this first race. All Open Women 60mH will be offered an additional run during the afternoon schedule shown above This is as per Athletics Ontario Rule #170.1 in the Policies & Procedures for the Staging of Provincial Championships.

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Field	Indoor U18 and Open Championship Sunday, February 10, 2019				
	Throws	Horizontal: Pit 1	Horizontal: Pit 2	High Jump	Pole Vault
8:30	WEIGHT THROW U18B (9) & OM (1) 8:30				
8:45					
9:00					
9:15					
9:30					
9:45					
10:00	WEIGHT THROW U18G (7) & OW (3) 10:00				
10:15					
10:30				HIGH JUMP U18 Girls (17) 10:30	
10:45					
11:00					
11:15					
11:30			TRIPLE JUMP U18 Girls (13) 11:30		
11:45	TRIPLE JUMP Open Women (7) 11:45				
12:00					
12:15				POLE VAULT U18 Girls (15) 12:00	
12:30					
12:45					
1:00					
1:15					
1:30					
1:45				HIGH JUMP Open Women (3) 1:30	
2:00	TRIPLE JUMP U18 Boys (7) 2:00		TRIPLE JUMP Open Men (7) 2:00		
2:15					
2:30					
2:45					
3:00				POLE VAULT U18 Boys (6) 3:00	
3:15					
3:30					
3:45					
4:00					
4:15					
4:30					
4:45					
5:00					