

# 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 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 U14, U16, and U20 Championships Schedule Saturday, March 2 Sections will run from SLOW to FAST Morning oval and straight away will occur simultaneously			
Time	Event	Check-In	Round	Age Group (Number of Athletes)
<b>STRAIGHT</b>				
10:30	60m		Prelims	U14G
10:40	60m		Prelims	U14B
10:50	60m		Prelims	U16G
11:05	60m		Prelims	U16B
11:20	60m		Prelims	U20W
11:45	60m		Prelims	U20M
12:50	60m	N/A	Semi-Finals *If Needed*	U14G
1:00	60m	N/A	Semi-Finals *If Needed*	U14B
1:10	60m	N/A	Semi-Finals *If Needed*	U16G
1:20	60m	N/A	Semi-Finals *If Needed*	U16B
1:30	60m	N/A	Semi-Finals *If Needed*	U20W
1:40	60m	N/A	Semi-Finals *If Needed*	U20M
2:30	60m	N/A	Finals	U14G – U14B
2:40	60m	N/A	Finals	U16G – U16B
2:50	60m	N/A	Finals	U20W – U20M
<b>OVAL</b>				
10:00	5000m RW		Timed Finals	U20M
10:30	3000m RW		Timed Finals	U20W
10:55	800m RW		Timed Finals	U14G + U14B
11:05	1500m RW		Timed Finals	U16G + U16B
11:20	1500m		Timed Finals	U20W
12:05	1500m		Timed Finals	U20M
12:55	1600m Invite	N/A	Timed Finals	Women B – Men B
1:10	1600m Invite	N/A	Timed Finals	Women A – Men A
2:30	4x800m	Relay Cards	Timed Finals	U20W – U20M
3:00	1200m		Timed Finals	U14G
3:15	1200m		Timed Finals	U14B
3:30	1200m		Timed Finals	U16G
3:55	1200m		Timed Finals	U16B
4:20	300m		Timed Finals	U14G – U14B
4:40	300m		Timed Finals	U16G – U16B
5:30	400m		Timed Finals	U20W
6:10	400m		Timed Finals	U20M
6:50	4x800m	Relay Cards	Timed Finals	U14G – U16G
	4x800m	Relay Cards	Timed Finals	U14B – U16B
7:30	4x200m	Relay Cards	Timed Finals	U14G – U16G – U20W
	4x200m	Relay Cards	Timed Finals	U14B – U16B – U20M

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Indoor U14, U16, and U20 Championships						
Schedule Saturday, March 2						
Field	Throws	Horizontals: Pit 1	Horizontals: Pit 2	Vertical Jumps	Vertical Jumps	
8:30	<b>Weight Throw</b> U16 + U20 Men *If numbers are large, U16 and U20 to split. U16 to start at 10am*					
8:45						
9:00						
9:15						
9:30						
9:45				<b>High Jump</b> U14 Boys		
10:00						
10:15		<b>Long Jump</b> U20 Women *Start of LJ may move shift up to an hour if WT is split to two sections*	<b>Long Jump</b> U20 Women *If needed*			
10:30						
10:45	<b>Shot Put</b> U14 + U16 Boys *Start of U14 +U16 boys to move to 2:30 if WT split into two sections*			<b>High Jump</b> U14 Girls		
11:00						
11:15						
11:30						
11:45		<b>Long Jump</b> U14 Girls *Start of LJ may move shift up to an hour if WT is split to two sections*	<b>Long Jump</b> U14 Boys		<b>Pole Vault</b> U16 Girls	
12:00						
12:15						
12:30						
12:45						
1:00	<b>Shot Put</b> U20 Men			<b>High Jump</b> U16 Boys		
1:15						
1:30						
1:45						
2:00		<b>Long Jump</b> U20 Men *Start of LJ may move shift up to an hour if WT is split to two sections*	<b>Long Jump</b> U20 Men *If needed*			
2:15						
2:30						
2:45						
3:00						
3:15				<b>High Jump</b> U16 Girls	<b>Pole Vault</b> U20 Women	
3:30		<b>Long Jump</b> U16 Girls *Start of LJ may move shift up to an hour if WT is split to two sections*	<b>Long Jump</b> U16 Girls *If needed*			
3:45						
4:00						
4:15						
4:30						
4:45			<b>Long Jump</b> U16 Boys *Start may move up if pit 2 not needed for earlier events*			
5:00						
5:15						
5:30						
5:45						

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Track	Indoor U14, U16, and U20 Championships Schedule Sunday, March 3 Sections will run from SLOW to FAST Morning oval and straight away will occur simultaneously			
Time	Event	Check-In	Round	Age Group (Number of Athletes)
<b>STRAIGHT</b>				
10:00	60mH		Prelims	U14G
10:10	60mH		Prelims	U16G
10:20	60mH		Prelims	U14B
10:30	60mH		Prelims	U20W
10:40	60mH		Prelims	U16B
10:50	60mH		Prelims	U20M
11:50	60mH	N/A	Finals	U20M
11:55	60mH	N/A	Finals	U16B
12:00	60mH	N/A	Finals	U20W
12:05	60mH	N/A	Finals	U14B
12:10	60mH	N/A	Finals	U16G
12:15	60mH	N/A	Finals	U14G
<b>OVAL</b>				
10:00	2000m		Timed Finals	U14G – U14B
10:20	2000m		Timed Finals	U16G – U16B
10:55	3000m		Timed Finals	U20W
11:40	3000m		Timed Finals	U20M
12:30	150m		Timed Finals	U14G – U14B
1:15	800m		Timed Finals	U14G
1:25	800m		Timed Finals	U14B
1:35	800m		Timed Finals	U16G
2:00	800m		Timed Finals	U16B
2:25	800m		Timed Finals	U20W
3:00	800m		Timed Finals	U20M
3:40	200m		Timed Finals	U20W
4:25	200m		Timed Finals	U20M
3:10	200m		Timed Finals	U16G
3:40	200m		Timed Finals	U16B
4:30	SMR (2-2-4-8)	Relay Cards	Timed Finals	U16G – U20W
4:45	SMR (2-2-4-8)	Relay Cards	Timed Finals	U16B – U20M

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Field	Indoor U14, U16, and U20 Championships				
	Schedule Sunday, March 3				
	Throws	Horizontals: Pit 1	Horizontals: Pit 2	Vertical Jumps	Vertical Jumps
8:30	<b>Weight Throw</b> U16 + U20 Women				
8:45					
9:00					
9:15					
9:30					
9:45					
10:00	<b>Weight Throw</b> U16 Girls *If necessary* U16 athletes to split if high number of competitors				
10:15					
10:30		<b>Triple Jump</b> U16 Girls *Start may move an hour later if Weight Throw is split*	<b>Triple Jump</b> U16 Boys *Start may move an hour later if Weight Throw is split*		
10:45					
11:00				<b>Pole Vault</b> U16 Boys *Start may move an hour later if Weight Throw is split*	<b>High Jump</b> U20 Women
11:15					
11:30					
11:45					
12:00					
12:15	<b>Shot Put</b> U20 Women				
12:30					
12:45					
1:00					
1:15					
1:30					
1:45	<b>Shot Put</b> U14 + U16 Girls *If U16 WT does not move to 10am, then the U14 + U16 Shot Put will move to 10am*	<b>Triple Jump</b> U20 Women *Start may move an hour later if Weight Throw is split*	<b>Triple Jump</b> U20 Women *Start may move an hour later if Weight Throw is split*		<b>High Jump</b> U20 Men
2:00					
2:15				<b>Pole Vault</b> U20 Men *Start may move an hour later if Weight Throw is split*	
2:30					
2:45					
3:00			<b>Triple Jump</b> U20 Men *Start may move an hour later if Weight Throw is split*		
3:15					
3:45					
4:00					
4:15					
4:30					