

FINAL 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 (# of Athletes) - # Heats
7:30	FACILITY OPENS			
STRAIGHT				
10:30	60m	9:00 – 10:00	Prelims	*U14G (12) – 2
10:40	60m	9:10 – 10:10	Prelims	*U14B (9) – 2
10:50	60m	9:20 – 10:20	Prelims	U16G (43) – 6
11:05	60m	9:35 – 10:35	Prelims	U16B (32) – 4
11:20	60m	9:50 – 10:50	Prelims	U20W (67) – 9
11:45	60m	10:15 – 11:15	Prelims	U20M (66) – 9
1:00	60m	N/A	Semi-Finals	U16G – 3
1:10	60m	N/A	Semi-Finals	U16B – 2
1:20	60m	N/A	Semi-Finals	U20W – 3
1:35	60m	N/A	Semi-Finals	U20M – 3
2:30	60m	N/A	Finals	U14G – U14B
2:40	60m	N/A	Finals	U16G – U16B
2:50	60m	N/A	Finals	U20W – U20M
OVAL				
10:30	3000m RW	9:00 – 10:00	Timed Finals	U20W (3)
10:50	800m RW	9:20 – 10:20	Timed Finals	U14G (1) + U14B (1)
11:00	1500m	9:30 – 10:30	Timed Finals	U20W (73) – 7
11:50	1500m	10:20 – 11:20	Timed Finals	U20M (98) – 9
1:40	4x800m	Relay Cards	Timed Finals	U20W (5) – 1
1:50	4x800m	Relay Cards	Timed Finals	U20M (6) – 1
2:05	1200m	12:35 – 1:35	Timed Finals	U14G (24) – 2
2:20	1200m	12:50 – 1:50	Timed Finals	U14B (13) – 1
2:30	1200m	1:00 – 2:00	Timed Finals	U16G (34) – 3
2:40	1200m	1:10 – 2:10	Timed Finals	U16B (42) – 4
3:05	300m	1:35 – 2:35	Timed Finals	U14G (16) – 4
3:15	300m	1:45 – 2:45	Timed Finals	U14B (6) – 2
3:20	300m	1:50 – 2:50	Timed Finals	U16G (40) – 7
3:40	300m	2:10 – 3:10	Timed Finals	U16B (20) – 4
3:55	400m	2:25 – 3:25	Timed Finals	U20W (63) – 16
4:35	400m	3:05 – 4:05	Timed Finals	U20M (65) – 16
5:15	4x800m	Relay Cards	Timed Finals	U16G (3) + U14G (2) – 1
5:30	4x800m	Relay Cards	Timed Finals	U16B (3) – 1
5:40	4x200m	Relay Cards	Timed Finals	U14G (3) – 1
5:45	4x200m	Relay Cards	Timed Finals	U16G (5) – 1
5:50	4x200m	Relay Cards	Timed Finals	U20W (10) – 2
5:55	4x200m	Relay Cards	Timed Finals	U14B (1) + U16B (3) – 1
6:00	4x200m	Relay Cards	Timed Finals	U20M (7) – 2

U14 Girls and Boys will not run a semi-final. 8 athletes to qualify for final

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Field	Indoor U14, U16, and U20 Championships					
	Schedule Saturday, March 2					
	Throws	Horizontals: Pit 1	Horizontals: Pit 2	Vertical Jumps	Vertical Jumps	
7:30	FACILITY OPENS					
8:30	Weight Throw 8:30 Men U16 (4) + U20 (6)					
8:45						
9:00						
9:15						
9:30						
9:45				High Jump 9:30 Boys U14 (4)		
10:00		Long Jump 10:00 Women U20 (41)	Long Jump 10:00 Women U20 (41)			
10:15						
10:30	Shot Put 10:30 Boys U14 (1) + U16 (9)					
10:45						
11:00					High Jump 11:00 Girls U14 (4)	
11:15						
11:30						Pole Vault 11:30 U16 (3) Girls
11:45			Long Jump 11:45 Boys U14 (12)			
12:00		Long Jump 12:00 Girls U14 (12)				
12:15						
12:30						
12:45						
1:00	Shot Put 1:00 Men U20 (8)					
1:15				High Jump 1:15 Boys U16 (8)		
1:30						
1:45						
2:00		Long Jump 2:00 Men U20 (21)	Long Jump 2:00 Men U20 (21)			
2:15						
2:30					Pole Vault 2:30 Women U20 (24)	
2:45						
3:00						
3:15				High Jump 3:15 Girls U16 (14)		
3:30						
3:45		Long Jump 3:45 Girls U16 (23)	Long Jump 3:45 Girls U16 (23)			
4:00						
4:15						
4:30						
4:45						
5:00		Long Jump 5:00 Boys U16 (13)				
5:15						
5:30						
5:45						
6:00						

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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 (# of Athletes) - # Heats
7:30	FACILITY OPENS			
STRAIGHT				
10:00	60mH	8:30 – 9:30	Final	*U14G (1) – 1
10:05	60mH	8:35 – 9:35	Prelims	U16G (16) – 2
10:20	60mH	8:50 – 9:50	Final	*U14B (5) – 1
10:30	60mH	9:00 – 10:00	Prelims	U20W (17) – 3
10:50	60mH	9:20 – 10:20	Prelims	U16B (9) – 2
11:00	60mH	9:30 – 10:30	Prelims	U20M (18) – 3
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	Extra Run	U14B
12:10	60mH	N/A	Finals	U16G
12:15	60mH	N/A	Extra Run	U14G
OVAL				
10:00	2000m	8:30 – 9:30	Timed Finals	U14G (4) – 1
10:10	2000m	8:40 – 9:40	Timed Finals	U14B (9) – 1
10:20	2000m	8:50 – 9:50	Timed Finals	U16G (12) – 1
10:30	2000m	9:00 – 10:00	Timed Finals	U16B (21) – 2
10:50	3000m	9:20 – 10:20	Timed Finals	U20W (27) – 2
11:15	3000m	9:45 – 10:45	Timed Finals	U20M (50) – 4
12:10	150m	10:40 – 11:40	Timed Finals	U14G (12)
12:25	150m	10:55 – 11:55	Timed Finals	U14B (5)
1:15	800m	11:45 – 12:45	Timed Finals	U14G (26) – 4
1:30	800m	12:00 – 1:00	Timed Finals	U14B (8) – 1
1:35	800m	12:05 – 1:05	Timed Finals	U16G (44) – 7
2:05	800m	12:35 – 1:35	Timed Finals	U16B (33) – 5
2:25	800m	12:55 – 1:55	Timed Finals	U20W (73) – 11
3:10	800m	1:40 – 2:40	Timed Finals	U20M (80) – 12
4:00	200m	2:30 – 3:30	Timed Finals	U16G (54) – 14
4:35	200m	3:05 – 4:05	Timed Finals	U16B (49) – 12
5:05	200m	3:35 – 4:35	Timed Finals	U20W (83) – 21
5:55	200m	4:25 – 5:25	Timed Finals	U20M (78) – 20
6:40	SMR (2-2-4-8)	Relay Cards	Timed Finals	U16G (4) – U20W (6)
6:55	SMR (2-2-4-8)	Relay Cards	Timed Finals	U16B (2) – U20M (4)

As per rule 170.1 in Athletics Ontario's Policies and Procedures, where there are less athletes than lanes in a prelim, the first run will be the championship round and the second run will be optional. This rule is being applied to the U14 Boys and Girls 60mH

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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	
7:30	FACILITY OPENS					
8:30	Weight Throw 8:30 Women U16 (5) + U20 (11)					
8:45						
9:00						
9:15						
9:30						
9:45						
10:00	Shot Put 10:00 Girls U14 (3) + U16 (9)					
10:15						
10:30		Triple Jump 10:30 Girls U16 (13)	Triple Jump 10:30 Boys U16 (6)			
10:45						
11:00						
11:15			High Jump 11:00 Women U20 (11)			
11:30						
11:45						
12:00						
12:15	Shot Put 12:15 Women U20 (9)					
12:30						
12:45						
1:00						
1:15		Triple Jump 1:15 Women U20 (19)	Triple Jump 1:15 Women U20 (19)			
1:30						
1:45						
2:00				Pole Vault 2:00 Men U16 (1) + U20 (14)	High Jump 1:45 Men U20 (12)	
2:15						
2:30						
2:45	Triple Jump 2:45 Men U20 (11)					
3:00						
3:15						
3:45						
4:00						
4:15						
4:30						