



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 later than 45 minutes prior to the scheduled start time of the race at the Athletics Ontario tent. 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	Schedule Friday, August 2, 2019			
	Sections will be run Slow to Fast			
Time	Event	Check-In Cut Off	Round	Gender Age Group
6:00	400m	5:15	Timed Final	Girls U18 (31)
6:15	400m	5:30	Timed Final	Boys U18 (39)
6:30	300m	5:45	Timed Final	Girls U16 (33)
6:45	300m	6:00	Timed Final	Boys U16 (27)
6:50	300m	6:05	Timed Final	Girls U14 (7)
6:55	300m	6:10	Timed Final	Boys U14 (3)
7:10	2000m	6:25	Timed Final	Girls U14 (5)
7:18	2000m	6:33	Timed Final	Girls U16 (13)
7:26	2000m	6:41	Timed Final	Boys U14 (6)
7:34	2000m	6:49	Timed Final	Boys U16 (19)
7:45	3000m	7:00	Timed Final	Girls U18 (13)
8:00	3000m	7:15	Timed Final	Boys U18 (26)

Track	Schedule Friday, August 2, 2019		
Field	Event	Round	Gender Age Group (# athletes)
6:00	Long Jump	Final – Flight 1	U18 Girls (13)
6:00	Shot Put	Final	U16 Girls (11)
6:30	Triple Jump	Final	U18 Boys (7)
6:30	Hammer Throw	Final	U18 Girls (16)
7:30	Long Jump	Final – Flight 2	U18 Girls (14)
7:45	Shot Put	Final	U16 Boys (11)



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Track				
Schedule Saturday, August 3, 2019				
Sections will be run Slow to Fast				
Time	Event	Check-In Cut Off	Round	Gender Age Group (# of athletes)
9:00	80m	8:15	*Timed Final	Girls U14 (6)
9:05	80m	8:20	Prelims	Boys U14 (9)
9:10	100m	8:25	Prelims	Girls U16 (41)
9:30	100m	8:45	Prelims	Boys U16 (41)
9:50	100m	9:05	Prelims	Girls U18 (38)
10:10	100m	9:25	Prelims	Boys U18 (39)
10:30	1200m	9:45	Timed Final	Girls U14 (19)
10:35	1200m	9:50	Timed Final	Boys U14 (12)
10:45	1200m	10:00	Timed Final	Girls U16 (17)
10:50	1200m	10:05	Timed Final	Boys U16 (35)
11:00	1500m	10:15	Timed Final	Girls U18 (26)
11:15	1500m	10:30	Timed Final	Boys U18 (59)
11:40	80mH	10:55	*Timed Final	Girls U14 (3)
11:45	80mH	11:00	*Timed Final	Boys U14 (4)
11:50	80mH	11:05	Prelims	Girls U16 (18)
12:10	100mH	11:25	Prelims	Girls U18 (25)
12:25	100mH	11:40	Prelims	Boys U16 (9)
12:40	110mH	11:55	Prelims	Boys U18 (15)
Track Break				
1:30	110mH	N/A	Final	Boys U18
1:35	100mH	N/A	Final	Boys U16
1:40	100mH	N/A	Final	Girls U18
1:45	80mH	N/A	Final	Girls U16
1:50	80mH	N/A	Extra Run	Boys U14
1:55	80mH	N/A	Extra Run	Girls U14
2:05	80m	N/A	Extra Run	Girls U14
2:10	80m	N/A	Final	Boys U14
2:15	100m	N/A	Final A + B	Girls U16
2:20	100m	N/A	Final A + B	Boys U16
2:25	100m	N/A	Final A + B	Girls U18
2:30	100m	N/A	Final A + B	Boys U18
2:40	4X800m	Relay Cards	Timed Final	Girls (4)
2:55	4X800m	Relay Cards	Timed Final	Boys (9)
3:05	4X100m	Relay Cards	Timed Final	Girls U14 + U16 (7)
3:10	4X100m	Relay Cards	Timed Final	Girls U18 (18)
3:20	4X100m	Relay Cards	Timed Final	Boys U14 + U16 (7)
3:25	4X100m	Relay Cards	Timed Final	Boys U18 (11)

Field			
Schedule Saturday, August 3, 2019			
Time	Event	Round	Gender Age Group (# of athletes)
9:00	Long Jump	Flight 1 – Pit 2	Girls U16 (13)
9:00	Shot Put	Final	Girls U14 (9)
9:00	Discus	Final	Girls U18 (19)
9:30	High Jump	Final	Girls U14 (4)
10:00	Long Jump	Final	Boys U14 (11)
10:15	Javelin	Final	Girls U14 (6)
10:15	Javelin	Final	Girls U16 (7)
10:30	Pole Vault	Final	Girls U16 (4)
10:30	Long Jump	Flight 2 – Pit 2	Girls U16 (14)
10:30	Shot Put	Final	Boys U18 (15)
11:00	High Jump	Final	Girls U16 (11)
11:00	Hammer	Final	Boys U16 (12)
12:30	Long Jump	Flight 1 – Pit 1	Boys U18 (11)
1:00	Shot Put	Final	Girls U18 (18)
1:00	Javelin	Final	Boys U14 (7)
1:15	Long Jump	Final	Boys U16 (12)
1:30	Pole Vault	Final	Girls U18 (15)
2:00	High Jump	Final	Girls U18 (11)
2:00	Long Jump	Flight 2 – Pit 1	Boys U18 (12)
2:00	Hammer	Final	Girls U16 (6)
2:15	Javelin	Final	Boys U16 (12)
3:00	Shot Put	Final	Boys U14 (4)
3:00	Discus	Final	Boys U18 (17)

* As per Athletics Ontario Rule 170.1, any preliminary event that has 8 or less entries in them after the check-in, will be the championship round for the athletes. A secondary, optional run will be offered at the originally scheduled final round. This rule will likely take effect to the following event:

- o 80m for the U14 Boys and Girls
- o 80mH for the U14 Boys and Girls
- o 100mH U16 Boys

** For A + B finals, all athletes in both sections are eligible for medals and team scores. Finals will be seeded with the top qualifying athletes in one section and the lower qualifying athletes in the other. Finals will go slow to fast.



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Track				
Schedule Sunday, August 4, 2019				
Sections will be run Slow to Fast				
Time	Event	Check-In Cut Off	Round	Gender Age Group (# of athletes)
9:00	1500m SC	8:15	Timed Final	Girls U16 (4)
	1500m SC	8:15	Timed Final	Boys U16 (4)
9:10	2000m SC	8:25	Timed Final	Girls U18 (3)
9:20	2000m SC	8:35	Timed Final	Boys U18 (4)
9:30	200mH	8:45	Timed Final	Girls U14 (2)
9:32	200mH	8:47	Timed Final	Boys U14 (1)
9:35	200mH	8:50	Timed Final	Girls U16 (16)
9:43	200mH	8:58	Timed Final	Boys U16 (7)
9:50	400mH	9:05	Timed Final	Girls U18 (16)
9:58	400mH	9:13	Timed Final	Boys U18 (11)
10:20	800m	9:35	Timed Final	Girls U14 (18)
10:28	800m	9:43	Timed Final	Boys U14 (6)
10:32	800m	9:47	Timed Final	Girls U16 (15)
10:40	800m	9:55	Timed Final	Boys U16 (30)
10:56	800m	10:11	Timed Final	Girls U18 (24)
11:08	800m	10:23	Timed Final	Boys U18 (43)
	Track Break			
12:15	150m	11:30	Timed Final	Girls U14 (12)
12:20	150m	11:35	Timed Final	Boys U14 (10)
12:25	200m	11:40	Timed Final	Girls U16 (47)
12:45	200m	12:00	Timed Final	Boys U16 (44)
1:05	200m	12:20	Timed Final	Girls U18 (55)
1:25	200m	12:40	Timed Final	Boys U18 (51)
1:45	4x400m	Relay Cards	Timed Final	Girls U18 (8)
1:50	4x400m	Relay Cards	Timed Final	Boys U18 (11)
2:00	SMR (4-2-2-8)	Relay Cards	Timed Final	Girls U18 (9)
2:10	SMR (4-2-2-8)	Relay Cards	Timed Final	Boys U18 (6)

Field			
Schedule Sunday, August 4, 2019			
Time	Event	Round	Gender Age Group (# of athletes)
9:00	High Jump	Final	Boys U16 (7)
9:00	Triple Jump	Final	Girls U16 (15)
9:00	Hammer	Final	Boys U18 (12)
10:00	Pole Vault	Final	Boys U16 (1)
10:00	Pole Vault	Final	Boys U18 (6)
10:00	Long Jump	Final	Girls U14 (6)
10:30	High Jump	Final	Boys U14 (5)
10:30	Discus	Final	Girls U14 (6)
10:30	Discus	Final	Girls U16 (10)
10:30	Javelin	Final	Girls U18 (8)
11:00	Triple Jump	Final	Boys U16 (12)
12:45	High Jump	Final	Boys U18 (13)
1:00	Discus	Final	Boys U14 (5)
1:00	Discus	Final	Boys U16 (13)
1:00	Javelin	Final	Boys U18 (5)
1:15	Triple Jump	Final	Girls U18 (18)