



2020 Indoor Relay Championships w/Prep Meet

Schedule January 11 - 12, 2020

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 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.

Saturday Track			
Sections will run from SLOW to FAST			
Time	Event	Round	
9:30	Facility Opens to Track Athletes		
10:30	Female 60m (64)	Prelim	
11:00	Male 60m (61)	Prelim	
11:30	Female 1200m (9)	Timed Final	
11:37	Male 1200m (14)	Timed Final	
11:45	Female 1500m (26)	Timed Final	
12:05	Male 1500m (38)	Timed Final	
12:30	Female 4x200m (10)	Timed Final	
12:40	Male 4x200m (8)	Timed Final	
Track Break	Medal Presentations: 4x200m		
1:30	Female 60m (58)	Final	
2:00	Male 60m (58)	Final	
2:30	Female 4x800m (9)	Timed Final	
2:40	Male 4x800m (9)	Timed Final	
2:55	Medal Presentations: 4x800m		
3:00	Female 300m (18)	Timed Final	
3:15	Male 300m (11)	Timed Final	
3:30	Female 400m (32)	Timed Final	
3:55	Male 400m (21)	Timed Final	

Saturday Field			
Time	Event		
8:00	Facility Opens to Field Athletes		
9:00	Male	Weight Throw (6)	All Ages
9:00	Male	High Jump (25)	All Ages
10:30	Male	Shot Put (13)	U18, U20, Open
11:30	Female	Long Jump (10)	U14, U16
12:00	Male	Pole Vault (10)	All Ages
1:00	Male	Shot Put (6)	U12, U14, U16
2:00	Female	Pole Vault (14)	All Ages
2:00	Female	Long Jump (11)	Open + U20 + U18

Sunday Track			
Sections will run from SLOW to FAST			
Time	Event	Round	
9:30	Facility Opens to Track Athletes		
10:45	Male 2000m (3)	Timed Final	
11:00	Female 3000m (4)	Timed Final	
11:15	Male 3000m (7)	Timed Final	
11:15	Female U14 60mH (2)	Prelim	
	Male U14 60mH (4)	Prelim	
11:20	Female U16 60mH (7)	Prelim	
11:25	Female U18 60mH (13)	Prelim	
11:35	Female U20 60mH (5)	Prelim	
11:40	Female Open 60mH (5)	Prelim	
11:45	Male U16 60mH (8)	Prelim	
11:50	Male U18 60mH (7)	Prelim	
11:55	Male U20 60mH (7)	Prelim	
12:00	Male Open 60mH (2)	Prelim	
Track Break			
12:45	Female U14 60mH (2)	Final	
	Male U14 60mH (4)	Final	
12:50	Female U16 60mH (7)	Final	
12:55	Female U18 60mH (13)	Final	
1:05	Female U20 60mH (5)	Final	
1:10	Female Open 60mH (5)	Final	
1:15	Male U16 60mH (8)	Final	
1:20	Male U18 60mH (7)	Final	
1:25	Male U20 60mH (7)	Final	
1:30	Male Open 60mH (2)	Final	
1:35	Female 800m (24)	Timed Final	
1:55	Male 800m (27)	Timed Final	
2:15	Female 4x400m (4)	Timed Final	
2:22	Male 4x400m (4)	Timed Final	
2:28	Medal Presentations: 4x400m		
2:30	Female 150m (10)	Timed Final	
2:35	Male 150m (5)	Timed Final	
2:40	Female 200m (60)	Timed Final	
3:15	Male 200m (58)	Timed Final	

Sunday Field			
Time	Event		
8:00	Facility Opens to Field Athletes		
9:00	Female	Weight Throw (13)	All Ages
9:30	Female	High Jump (21)	All Ages
11:15	Male	Long Jump (13)	U14, U16
10:45	Female	Shot Put (7)	U18
11:45	Female	Shot Put (7)	U20, Open
1:45	Female	Shot Put (7)	U12, U14, U16
1:45	Male	Long Jump (10)	Pit 1: U18
1:45	Male	Long Jump (9)	Pit 2: U20, Open