

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. 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, February 29 Sections will run from SLOW to FAST Morning oval and straight away will occur simultaneously			
FACILITY OPENS TO TRACK ATHLETES AT 9:00AM				
Time	Event	Declaration Cut-Off	Round	Age Group (# of athletes)
STRAIGHT				
10:30	60m	9:45	Prelims	U14 Girls (14)
10:35	60m	9:50	Prelims	U14 Boys (13)
10:45	60m	10:00	Prelims	U16 Girls (50)
11:05	60m	10:20	Prelims	U16 Boys (29)
11:20	60m	10:35	Prelims	U20 Women (55)
11:45	60m	11:00	Prelims	U20 Men (78)
1:10	60m	No Declaration Req.	Finals	U14 Girls
1:15	60m	No Declaration Req.	Finals	U14 Boys
1:20	60m	No Declaration Req.	A + B + C Finals	U16 Girls
1:30	60m	No Declaration Req.	A + B Finals	U16 Boys
1:40	60m	No Declaration Req.	A + B + C Finals	U20 Women
1:50	60m	No Declaration Req.	A + B + C Finals	U20 Men
OVAL				
10:25	3000m RW	9:40	Timed Finals	U20 Women (2)
10:45	1500m RW	10:00	Timed Finals	U16 Girls (2) + Boys (1)
11:00	1500m	10:15	Timed Finals	U20 Women (86)
11:45	1500m	11:00	Timed Finals	U20 Men (91)
2:00	1200m	1:15	Timed Finals	U14 Girls (22)
2:15	1200m	1:30	Timed Finals	U14 Boys (18)
2:25	1200m	1:40	Timed Finals	U16 Girls (48)
2:50	1200m	2:05	Timed Finals	U16 Boys (36)
3:15	300m	2:30	Timed Finals	U14 Girls (11)
3:25	300m	2:40	Timed Finals	U14 Boys (7)
3:30	300m	2:45	Timed Finals	U16 Girls (47)
4:00	300m	3:15	Timed Finals	U16 Boys (29)
4:20	400m	3:35	Timed Finals	U20 Women (58)
4:55	400m	4:10	Timed Finals	U20 Men (67)
5:45	SMR (2-2-4-8)	Relay Cards	Timed Finals	U16 Girls (2)
	SMR (2-2-4-8)	Relay Cards	Timed Finals	U20 Women (7)
5:55	SMR (2-2-4-8)	Relay Cards	Timed Finals	U16 Boys (9)
	SMR (2-2-4-8)	Relay Cards	Timed Finals	U20 Men (11)

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. 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.



Field	Indoor U14, U16, and U20 Championships Schedule Saturday, February 29					
FACILITY OPENS TO THROWS ATHLETES AT 7:30AM						
Time	Throws	Horizontals: Pit 1	Horizontals: Pit 2	Vertical Jumps	Vertical Jumps	
8:30	Weight Throw 8:30 Men U16 (4) + U20 (8)					
8:45						
9:00						
9:15						
9:30					High Jump 9:30 Boys U14 (5)	
9:45						
10:00						
10:15		Long Jump 10:15 Women U20 (27) Flight 1	Long Jump 10:15 Women U20 (27) Flight 2			
10:30						
10:45	Shot Put 10:30 Boys U14 (2) + U16 (5)			High Jump 11:00 Girls U14 (5)		
11:00						
11:15						
11:30						
11:45		Long Jump 11:45 Girls U16 (23) Flight 2	Long Jump 11:45 Girls U16 (23) Flight 1			
12:00						
12:15						
12:30						
12:45						
1:00	Shot Put 1:00 Men U20 (9)			High Jump 1:15 Boys U16 (8)		
1:15						
1:30						
1:45		Long Jump 1:45 Girls U14 (15)	Long Jump 1:45 Boys U14 (9)			
2:00						
2:15				Pole Vault 2:30 Women U20 (14)		
2:30						
2:45						
3:00						
3:15						
3:30		Long Jump 3:00 Men U20 (28) Flight 2	Long Jump 3:00 Men U20 (28) Flight 1	High Jump 3:15 Girls U16 (8)		
3:45						
4:00						
4:15						
4:30						
4:45		Long Jump 4:30 Boys U16 (17)				
5:00						
5:15						
5:30						
5:45						

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. 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 Sunday, March 1 Sections will run from SLOW to FAST Morning oval and straight away will occur simultaneously				
FACILITY OPENS TO TRACK ATHLETES AT 9:00AM					
Time	Event	Declaration Cut-Off	Round	Age Group	
STRAIGHT					
10:20	60mH (0.762m)	9:35	*Finals	U14G	Girls (6)
10:25	60mH (0.762m)	9:40	Prelims	U16G	Girls (14)
10:40	60mH (0.762m)	9:55	*Finals	U14B	Boys (6)
10:50	60mH (0.840m)	10:05	Prelims	U20W	Women (26)
11:10	60mH (0.840m)	10:25	*Finals	U16B	Boys (7)
11:20	60mH (0.990m)	10:35	Prelims	U20M	Men (16)
12:00	60mH (0.762m)	No Declaration Req.	*Extra Run	U14G	Girls
12:05	60mH (0.762m)	No Declaration Req.	Finals	U16G	Girls
12:10	60mH (0.762m)	No Declaration Req.	*Extra Run	U14B	Boys
12:15	60mH (0.840m)	No Declaration Req.	Finals	U20W	Women
12:20	60mH (0.840m)	No Declaration Req.	*Extra Run	U16B	Boys
12:25	60mH (0.990m)	No Declaration Req.	Finals	U20M	Men
OVAL					
10:45	2000m	10:00	Timed Finals	U14G	Girls (11)
10:55	2000m	10:10	Timed Finals	U14B	Boys (12)
11:05	2000m	10:20	Timed Finals	U16G	Girls (25)
11:20	2000m	10:35	Timed Finals	U16B	Boys (21)
11:40	3000m	10:55	Timed Finals	U20W	Women (31)
12:25	3000m	11:40	Timed Finals	U20M	Men (40)
1:20	800m	12:35	Timed Finals	U14G	Girls (13)
1:30	800m	12:45	Timed Finals	U14B	Boys (14)
1:40	800m	12:55	Timed Finals	U16G	Girls (43)
2:05	800m	1:20	Timed Finals	U16B	Boys (31)
2:25	800m	1:40	Timed Finals	U20W	Women (69)
3:00	800m	2:15	Timed Finals	U20M	Men (83)
3:45	150m	3:00	Timed Finals	U14G	Girls (17)
3:55	150m	3:10	Timed Finals	U14B	Boys (13)
4:05	200m	3:20	Timed Finals	U16G	Girls (65)
4:45	200m	4:00	Timed Finals	U16B	Boys (33)
5:05	200m	4:20	Timed Finals	U20W	Women (64)
5:50	200m	5:05	Timed Finals	U20M	Men (84)

* As per rule 170 in the Athletics Ontario Championship Policies and Procedures, in the 60m and 60mH where there are fewer athletes than there are lanes on the track, two races will be conducted. The first race will be considered the championship and a second, non-championship race will be conducted later in the schedule for any entered athlete wishing to run again for time.

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. 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.



Field	Indoor U14, U16, and U20 Championships Schedule Sunday, March 1				
FACILITY OPENS TO THROWS ATHLETES AT 7:30AM					
Time	Throws	Horizontals: Pit 1	Horizontals: Pit 2	Vertical Jumps	Vertical Jumps
8:15	Weight Throw 8:15 Women U20 (15)				
8:30					
8:45					
9:00					
9:15					
9:30					
9:45					
10:00	Weight Throw 10:00 Girls U16 (6)				
10:15					
10:30					
10:45					
11:00					High Jump 11:00 Women U20 (17)
11:15	Shot Put 11:15 Women U14 (3) + U16 (11)	Triple Jump 11:30 Girls U16 (19)	Triple Jump 11:30 Boys U16 (10)	Pole Vault 11:30 Men U16 (3) + U20 (17)	
11:30					
11:45					
12:00					
12:15					
12:30					
12:45					
1:00					
1:15					
1:30					
1:45	Shot Put 1:45 Women U20 (15)		Triple Jump 1:45 Women U20 (17)		High Jump 1:45 Men U20 (12)
2:00					
2:15					
2:30		Triple Jump 2:30 Men U20 (13)			
2:45					
3:00					
3:15					
3:45					
4:00					
4:15					
4:30					