

April

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 KWLL – Peterborough Track Meet	23	24	25	26	27
28	29	30				

May

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 TBC - LWTF – SWO Field Series #1	6 KWLL – 4x5k Relay	7	8	9	10	11
12 AO 10K Track Championships London	13	14	15	16	17	18 UWAC – Johnny Loaring Classic
19	20	21	22	23	24	25 MOAA – Track Spring Tune Up THRO – Throwers Club Meet #1
26 HARB – Hamilton Season Opener	27	28	29	30	31	

June

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 OTTL – Spring HP Meet
2 AO 10K Race Walk Championships Toronto TBC - LRDC – Track Mania	3	4	5	6 OFSAA Championships Guelph	7 OFSAA Championships Guelph OSPR – Speed River Inferno	8 OFSAA Championships Guelph
9 TBC - LWTF – SWO Field Series #2	10	11 YUTC – Twilight #1	12 OTTL – Summer Twilight #1	13	14	15 AO, OMA, FQA Combined Events Championships Toronto RCL District: H
16 AO, OMA, FQA Combined Events Championships Toronto	17	18	19 OTTL – Summer Twilight #2	20	21	22 TBC - LRDC – 1,500m Night RCL District: E
23 OMA Championships Toronto LWTF – Bob Vigars Classic	24	25 YUTC – Twilight #2	26 OTTL – Summer Twilight #3	27 TBC - PHNX – 800m Night	28	29 THRO – Throwers Club Meet #1
30						

July

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HARB – Hamilton Canada Day Meet	2 YUTC – Twilight #3	3 OTTL – Summer Twilight #4	4	5 OTTL – HP Weekend TBC - OSPR – Speed River Twilight	6 OTTL – HP Weekend PanAm CE Cup Ottawa
7 OTTL – HP Weekend PanAm CE Cup Ottawa	8	9	10 OTTL – Summer Twilight #5 TBC - Great Lakes League #1	11	12 RCL Provincials Brampton	13 AO U20 & Open Championships Toronto RCL Provincials Brampton
14 AO U20 & Open Championships Toronto	15	16	17 OTTL – Summer Twilight #6 TBC - Great Lakes League #2	18 NCC WMA Championships Toronto	19 NCC WMA Championships Toronto TBC - OSPR – Speed River Twilight	20 NCC WMA Championships Toronto
21 NCC WMA Championships Toronto HARB – Hamilton Twilight	22	23	24 OTTL – Summer Twilight #7 TBC - Great Lakes League #3	25 AC: Nationals Montreal	26 AC: Nationals Montreal	27 AC: Nationals Montreal MTA Championships
28 AC: Nationals Montreal MTA Championships	29	30 YUTC – Twilight #4	31 OTTL – Summer Twilight #8 TBC - Great Lakes League #4			

August

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 AO U14, U16, U18 Championships	3 AO U14, U16, U18 Championships
4 AO U14, U16, U18 Championships	5 HARB – Hamilton PB Night	6	7 OTTL – Summer Twilight #9	8	9 RCL – Nationals Nova Scotia	10 RCL – Nationals Nova Scotia
11 RCL – Nationals Nova Scotia HARB – Hamilton Last Chance Twilight	12	13	14 OTTL – Summer Twilight #10	15	16	17 THRO – Throwers Club Meet #2
18	19	20	21	22	23	24
25	26	27	28	29	30	31