



Competition Schedule

Ontario Open & Para Championships
Ontario U18 CE Championships
Ontario U20 5000m RW Championship

TRACK EVENTS - Friday, July 30, 2021				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of Athletes)
3:20	100m	Decathlon	Men:	Open/U18 (8)
4:20	100mH	Heptathlon	Women:	Open/U18 (4)
6:15	400m	Prelim	Women:	Open (13)
6:30	400m	Prelim	Men:	Open (18)
6:45	5000m Race Walk	Timed Final	Women & Men:	U20 + Open (4)
7:25	3000m SC	Timed Final	Women:	Open (1)
7:40	3000m SC	Timed Final	Men:	Open (1)
*TBD	200m	Heptathlon	Women:	Open/U18 (4)
*TBD	400m	Decathlon	Men:	Open/U18 (8)

*The Combined Events Referee will determine the start time of the Heptathlon 200m and Decathlon 400m.

FIELD EVENTS - Friday, July 30, 2021				
	Long Jump	High Jump	Shot Put	Javelin
4:00	Open/U18 Men Dec Long Jump **EST 4:00pm			Open Women Javelin WARMUP
4:15				
4:30				
4:45				
5:00		Open/U18 Women Hept High Jump **EST 5:00pm		Open & Para Women (9) Javelin 5:00pm
5:15			Open/U18 Men Dec	
5:30			Shot Put **EST 5:15pm	
5:45				
6:00				Open Men Javelin WARMUP
6:15				
6:30			Open/U18 Women Hept	
6:45		Open/U18 Men Dec High Jump **EST 7:00pm	Shot Put **EST 6:45pm	Open & Para Men (8) Javelin 7:00pm
7:00				
7:15				
7:30				
7:45				
8:00				

**With the discretion of the Combined Events Referee, all combined event start times may occur earlier or later than listed.



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TRACK EVENTS - Saturday, July 31, 2021				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of Athletes)
10:50	100m	Prelims	Women:	Wheelchair (2)
	100m	Prelims	Men:	Wheelchair (2)
11:00	100m	Prelims	Women:	Ambulatory (2)
	100m	Prelims	Women:	Open (21)
11:20	100m	Prelims	Men:	Ambulatory (4)
	100m	Prelims	Men:	Open (39)
11:50	1500m	Timed Final	Women:	Open (14)
12:00	1500m	Timed Final	Men:	Open (24)
12:20	110m Hurdles	Decathlon	Men:	Open/U18
12:30	110m Hurdles	Finals	Men:	Open (5)
12:50	100m Hurdles	Finals	Women:	Open (7)
Track Break				
1:50	800m Para	Timed Final	Women:	Wheelchair (1)
	800m Para	Timed Final	Men:	Wheelchair (1)
1:55	800m Para	Timed Final	Women:	Ambulatory (1)
	800m Para	Timed Final	Men:	Ambulatory (2)
2:05	100m Para	Finals	Women:	Ambulatory
	100m	Finals	Women:	Open
2:10	100m Para	Finals	Men:	Ambulatory
	100m	Finals	Men:	Open
2:40	100m Hurdles	Optional Extra Run	Women:	Open
2:55	110m Hurdles	Optional Extra Run	Men:	Open
3:05	400m Para	Timed Final	Women:	Wheelchair (2)
	400m Para	Timed Final	Men:	Wheelchair (2)
3:10	400m Para	Timed Final	Women:	Ambulatory (2)
3:15	400m	Final	Women:	Open
3:20	400m Para	Timed Final	Men:	Ambulatory (5)
3:25	400m	Final	Men:	Open
3:35	200m Para	Timed Final	Men:	Ambulatory (5)
3:40	200m Para	Timed Final	Women:	Wheelchair (2)
	200m Para	Timed Final	Men:	Wheelchair (2)
3:50	4x800m	Timed Final	Women:	Open
4:00	4x800m	Timed Final	Men:	Open
4:10	4x100m	Timed Final	Women:	Open
4:15	4x100m	Timed Final	Men:	Open
*TBD	800m	Decathlon	Women:	Open/U18
*TBD	1500m	Heptathlon	Men:	Open/U18

*The Combined Events Referee will determine the start time of the Heptathlon 800m and Decathlon 1500m.



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Field EVENTS - Saturday, July 31, 2021				
Time	Long Jump	Pole Vault	Long Throws	Seated Throws
10:30			Open Men	
10:45			Discus	
11:00		Open Women	WARMUP	
11:15		Pole Vault		Para Women + Men
11:30		WARMUP	Open & Para Men (7)	Seated Discus (4)
11:45			Discus	11:15am
12:00			11:30am	
12:15				
12:30		Open Women (8)		
12:45		Pole Vault		
1:00		12:30pm	Open/U18 Men Decathlon	Para Women + Men
1:15			Discus Throw	Seated Shot Put (4)
1:30	Open Women		**EST 1:00pm	1:00pm
1:45	Long Jump			
2:00	WARMUP		Open Women	
2:15			Discus	
2:30	Open Women (11)	Open/U18 Men	WARMUP	Para Women + Men
2:45	Long Jump	Decathlon		Seated Javelin (4)
3:00	2:30pm	Pole Vault	Open & Para Women (10)	2:15pm
3:15		**EST 2:30pm	Discus	
3:30			3:00pm	
3:45				
4:00				
4:15				
4:30	Open/U18 Women Hept	Open Men		
4:45	Long Jump	Pole Vault	Open/U18 Men Decathlon	
5:00	**EST 4:30am	WARMUP	Javelin Throw	
5:15	Open Men		**EST 4:30pm	
5:30	Long Jump			
5:45	WARMUP			
6:00		Open Men (6)	Open/U18 Women Hept	
6:15	Open Men (12)	Pole Vault	Javelin Throw	
6:30	Long Jump	6:00pm	**EST 6:00pm	
6:45	6:30pm			
7:00				
7:15				
7:30				

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Competition Schedule

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TRACK EVENTS - Sunday, August 1, 2021

Sections will be run Slow to Fast

Time	Event	Round	Gender	Age Group (# of Athletes)
10:55	400m Hurdles	Timed Final	Women:	Open (5)
11:10	400m Hurdles	Timed Final	Men:	Open (5)
11:40	200m	Prelims	Women:	Open (31)
12:00	200m	Prelims	Men:	Open (20)
Track Break				
1:15	800m	Timed Final	Women:	Open (19)
1:30	800m	Timed Final	Men:	Open (32)
1:50	200m	Finals	Women:	Open
2:00	200m	Finals	Men:	Open
2:25	4x400m	Timed Final	Women:	Open
2:30	4x400m	Timed Final	Men:	Open

FIELD EVENTS - Sunday, August 1, 2021

	High Jump	Triple Jump	Shot Put	Hammer Throw
9:45	Open Women High Jump WARMUP			
10:00				
10:15				
10:30		Open Men Triple Jump WARMUP	Open Men Shot Put WARMUP	Open Women Hammer Throw WARMUP
10:45				
11:00	Open Women (11) High Jump 11:00pm	Open Men (5) Triple Jump 11:30pm	Open & Para Men (2) Shot Put 11:30pm	Open Women Hammer Throw (3) 11:30pm
11:15				
11:30				
11:45				
12:00				
12:15				
12:30	Open Men High Jump WARMUP			
12:45		Open Women Triple Jump WARMUP	Open Women Shot Put WARMUP	Open Men Hammer Throw WARMUP
1:00				
1:15				
1:30				
1:45	Open Men (11) High Jump 1:45pm	Open Women (10) Triple Jump 1:45pm	Open & Para Women (9) Shot Put 1:45pm	Open Men Hammer Throw (8) 1:45pm
2:00				
2:15				
2:30				
2:45				
3:00				