



Competition Schedule
Ontario U14, U12, U10, U8 Rising Stars Festival
and Ontario Masters Outdoor Pentathlon and Throws Pentathlon



TRACK EVENTS - Saturday, August 28, 2021				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of Athletes)
10:00	2000m	Timed Final	Girls & Boys:	U14
10:10	300m	Timed Final	Girls then Boys:	U10, U12, & U14
10:30	400m	Timed Final	Women then Men:	Open
10:35	1000m	Timed Final	Girls & Boys:	U10, & U12
*EST 10:50	200m	Masters Pentathlon	Men:	Masters
10:55	60m	Prelim	Girls then Boys:	U8 & U10
11:15	80m	Prelim	Girls then Boys:	U12 & U14
11:35	100m	Prelim	Women then Men:	Open
11:45	1200m	Timed Final	Girls then Boys:	U14
11:55	1500m	Timed Final	Women then Men:	Open
12:00	200m Hurdles (0.762m / 30")	Timed Final	Girls then Boys:	U14
12:10	60m	Final	Girls then Boys:	U8 & U10
12:20	80m	Final	Girls then Boys:	U12 & U14
12:40	100m	Final	Women then Men:	Open
*TBD	1500m	Masters Pentathlon	Men:	Masters
Lunch Break				
1:20	800m RW	Timed Final	Girls then Boys:	U10, U12, & U14
1:30	80m Hurdles (0.762m / 30")	Prelim	Girls then Boys:	U14
1:40	80m Hurdles (0.686m / 27")	Prelim	Girls then Boys:	U12
1:50	80m Hurdles (0.610m / 24")	Prelim	Girls then Boys:	U10
2:00	600m	Timed Final	Girls then Boys:	U10, & U12
2:05	800m	Timed Final	Girls then Boys:	U14
2:15	80m Hurdles (0.610m / 24")	Final	Girls then Boys:	U10
2:20	80m Hurdles (0.686m / 27")	Final	Girls then Boys:	U12
2:25	80m Hurdles (0.762m / 30")	Final	Girls then Boys:	U14
2:30	150m	Timed Final	Girls then Boys:	U8, U10, U12, & U14
3:00	200m	Timed Final	Women then Men:	Open
3:10	4x400m	Timed Final	Girls & Boys:	U14
3:25	4x800m	Timed Final	Girls & Boys:	U14
3:45	4x100m	Timed Final	Girls & Boys:	U10, U12, & U14

FIELD EVENTS – Saturday, August 28, 2021						
Time	High Jump	Long Jump Pit 1	Long Jump Pit 2	Shot Put	Discus/Javelin	Throws Pent
9:45					U14 Girls & Boys	
10:00		Masters Men Pent	U10 Girls	U8 Girls & Boys	Discus	
10:15		Long Jump	Long Jump	Boys Ball Throw		
10:30					U14 Girls & Boys	
10:45		U8 Girls & Boys			Javelin	
11:00	U10, U12, & U14	Standing LJ		U10, U12, & U14		
11:15	Boys		U12 Girls	Girls		
11:30	High Jump		Long Jump	Shot Put	Masters Men Pent	
11:45		U14 & Open			Javelin	
12:00		Long Jump				
12:15					Masters Men Pent	
12:30					Discus	
12:45						
1:00				U10, U12, & U14		
1:15	U10, U12, & U14		U10	Boys		Throws Pent
1:30	Girls		Boys Long Jump	Shot Put		Hammer
1:45	High Jump	U12 & U14				
2:00		Boys Long Jump				Throws Pent
2:15						Shot Put
2:30						
2:45						Throws Pent
3:00						Discus
3:15						
3:30						Throws Pent
3:45						Javelin
4:00						
4:15						Throws Pent
4:30						Weight Throw
4:45						