



REVISED Competition Schedule

For live results and splits times visit: <https://bit.ly/2023-ontario-u14-u16-u18>

Friday, August 4, 2023				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of athletes)
5:30	400m	Timed Final	Girls	U18 (55)
5:55	400m	Timed Final	Boys	U18 (39)
5:15	300m	Timed Final	Girls	U16 (40)
6:30	300m	Timed Final	Girls	U14 (29)
6:45	300m	Timed Final	Boys	U16 (33)
7:00	300m	Timed Final	Boys	U14 (17)
7:15	2000m	Timed Final	Girls	U14 (9)
7:25	2000m	Timed Final	Girls	U16 (24)
7:45	2000m	Timed Final	Boys	U14 (12)
7:55	2000m	Timed Final	Boys	U16 (28)
8:15	3000m	Timed Final	Girls	U18 (25)
8:40	3000m	Timed Final	Boys	U18 (44)

Friday, August 4, 2023				
Field	Horizontal Pit 1	Horizontal Pit 2	Throws	Throws
3:00			Runway Open for Warm-Up	
3:15				
3:30			Boys U18 (17) Javelin Throw	Circle Open for Warm-Up
3:45				
4:00			3:30	Girls U18 (15) Discus Throw
4:15				
4:30				East Cage
4:45				4:00
5:00		Pit Open for Warm-Up		
5:15			Circle Open for Warm-Up	Circle Open for Warm-Up
5:30		Boys U18 (16) Triple Jump		
5:45			Boys U18 (30) Discus Throw	Boys U18 Discus Throw
6:00		5:30	West Cage (Low Seeds)	East Cage (High Seeds)
6:15				
6:30			5:45	5:45
6:45	Pit Open for Warm-Up		Warm-Up	
7:00				
7:15	Girls U18 (12)		Girls U18 (16) Javelin Throw	
7:30	Triple Jump			
7:45	7:15		7:00	
8:00				

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Saturday, August 5, 2023				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of athletes)
9:00	80m Hurdles 0.762m/12/7.5	Prelims	Girls	U14 (17)
9:10	80m Hurdles 0.762m/12/7.5	*Prelims	*Boys	*U14 (6)
9:20	80m Hurdles 0.762m/12/8	Prelims	Girls	U16 (21)
9:30	100m Hurdles 0.762m/13/8.5	Prelims	Girls	U18 (41)
9:55	100m Hurdles 0.840m/13/8.5	Prelims	Boys	U16 (9)
10:05	110m Hurdles 0.914m/13.72/9.14	Prelims	Boys	U18 (24)
10:20	800m Racewalk	Timed Final	Girls – Boys	U14 (1)
10:25	1500m Racewalk	Timed Final	Girls – Boys	U16 (2)
10:40	80m	Prelim	Girls	U14 (43)
11:00	80m	Prelim	Boys	U14 (35)
11:20	100m	Prelims	Girls	U16 (64)
11:50	100m	Prelims	Boys	U16 (44)
12:15	100m	Prelims	Girls	U18 (65)
12:50	100m	Prelims	Boys	U18 (75)
	Track Break			
2:15	110m Hurdles 0.914m/13.72/9.14	Finals A-B	Boys	U18
2:25	100m Hurdles 0.840m/13/8.5	Finals	Boys	U16
2:30	100m Hurdles 0.762m/13/8.5	Finals A-B-C	Girls	U18
2:45	80m Hurdles 0.762m/12/8	Finals A-B	Girls	U16
2:55	80m Hurdles 0.762m/12/7.5	*Finals	Boys	*U14
3:00	80m Hurdles 0.762m/12/7.5	Finals A-B	Girls	U14
3:15	80m	Finals A-B-C	Girls	U14
3:25	80m	Finals A-B-C	Boys	U14
3:35	100m	Finals A-B-C	Girls	U16
3:45	100m	Finals A-B-C	Boys	U16
3:55	100m	Finals A-B-C	Girls	U18
4:05	100m	Finals A-B-C-D	Boys	U18
4:15	1200m	Timed Final	Girls	U14 (21) – U16 (33)
4:40	1200m	Timed Final	Boys	U14 (20) – U16 (45)
5:15	1500m	Timed Final	Girls	U18 (34)
5:30	1500m	Timed Final	Boys	U18 (67)
6:05	4X100m	Timed Final	Girls	U14 (7) – U16 (10) – U18 (17)
6:30	4X100m	Timed Final	Boys	U14 (6) – U16 (6) – U18 (14)
6:50	4X800m	Timed Final	Girls	U14 (1) & U16 (4) & U18 (6)
7:05	4X800m	Timed Final	Boys	U14 (3) & U16 (5) & U18 (5)

As per Athletics Ontario Procedural Rule 217.1 – where there are as many or fewer registered athletes for an event 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 at the Finals timeslot

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Saturday, August 5, 2023				
Time				
9:00		Pit Open for Warm-Up		Circle Open for Warm-Up
9:15				
9:30	Pit Open for Warm-Up	Girls U14 (8) High Jump 9:30	Circle Open for Warm-Up	Girls & Boys U16 (5) Hammer Throw 9:30
9:45				
10:00	Two Pits Girls U18 (27) Long Jump 10:00		Two Circles Boys U18 (25) Shot Put 9:45	
10:15				
10:30				
10:45				
11:00			Circle Open for Warm-Up	
11:15	Pit Open for Warm-Up		Two Circles Girls U18 (20) Shot Put 11:15	
11:30				
11:45	Two Pits Boys U18 (34) Long Jump 11:45	Pit Open for Warm-Up		
12:00		Girls U16 (10) High Jump 12:00		
12:15				
12:30				
12:45				Circle Open for Warm-Up
1:00			Circle Open for Warm-Up	Girls U18 (10) Hammer Throw 1:15
1:15				
1:30			Boys U16 (9) Shot Put 1:30	
1:45				
2:00	Pit Open for Warm-Up			
2:15				
2:30	Two Pits Girls U16 (24) Long Jump 3:00	Pit Open for Warm-Up		Circle Open for Warm-Up
2:45		Girls U18 (18) High Jump 3:00		Circle Open for Warm-Up
3:00				
3:15			Girls U16 (9) Shot Put 3:15	Boys U18 (13) Hammer Throw 3:15
3:30				
3:45	Pit Open for Warm-Up			
4:00				
4:15	Two Pits Boys U16 (30) Long Jump 4:15		Circle Open for Warm-Up	
4:30				
4:45				
5:00			Girls & Boys U14 (8) Shot Put 4:45	
5:15				
5:30				
5:45				

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Sunday, August 6, 2023				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of athletes)
9:00	1500m SC 0.762m	Timed Final	Girls	U16 (4)
9:07	1500m SC 0.762m	Timed Final	Boys	U16 (6)
9:15	2000m SC 0.762m	Timed Final	Girls	U18 (14)
9:25	2000m SC 0.910m	Timed Final	Boys	U18 (16)
9:35	200mH 0.762m	Timed Final	Girls	U14 (8)
9:40	200mH 0.762m	Timed Final	Boys	U14 (5)
9:45	200mH 0.762m	Timed Final	Girls	U16 (22)
9:55	200mH 0.762m	Timed Final	Boys	U16 (13)
10:05	400mH 0.762m	Timed Final	Girls	U18 (22)
10:20	400mH 0.840m	Timed Final	Boys	U18 (21)
10:25	800m	Timed Final	Girls	U14 (27)
10:40	800m	Timed Final	Boys	U14 (15)
10:50	800m	Timed Final	Girls	U16 (32)
11:05	800m	Timed Final	Boys	U16 (52)
11:30	800m	Timed Final	Girls	U18 (43)
11:50	800m	Timed Final	Boys	U18 (44)
	Track Break			
1:00	150m	Timed Final	Girls	U14 (39)
1:20	150m	Timed Final	Boys	U14 (30)
1:35	200m	Timed Final	Girls	U16 (68)
2:10	200m	Timed Final	Boys	U16 (52)
2:35	200m	Timed Final	Girls	U18 (82)
3:10	200m	Timed Final	Boys	U18 (78)
3:45	4x400m	Timed Final	Girls	U18 (5)
3:55	4x400m	Timed Final	Boys	U18 (9)
4:10	Sprint Medley Relay (4-2-2-8)	Timed Final	Girls	U16 (11)
4:25	Sprint Medley Relay (4-2-2-8)	Timed Final	Girls	U18 (15)
4:40	Sprint Medley Relay (4-2-2-8)	Timed Final	Boys	U16 (7)
4:50	Sprint Medley Relay (4-2-2-8)	Timed Final	Boys	U18 (10)

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Sunday, August 6, 2023						
Field	Pole Vault	Vertical Jumps 1	Horizontal Pit 2	Throws 1	Throws 2	
9:00		Pit Open for Warm-Up			Runway Open for Warm-Up	
9:15	Pit Open for Warm-Up					
9:30		Boys U14 (8) High Jump 9:30	Pit Open for Warm-Up		Girls U16 (10) Javelin Throw 9:30	
9:45						
10:00	Girls U16 (12) Pole Vault 10:00		Boys U16 (18) Triple Jump 10:00	Circle Open for Warm-Up		
10:15						
10:30		Pit Open for Warm-Up		Girls & Boys U14 (6) Discus Throw East Cage 10:30		
10:45					Runway Open for Warm-Up	
11:00		Boys U18 (14) High Jump 11:00			Boys U16 (6) Javelin Throw 11:15	
11:15						
11:30	Pit Open for Warm-Up		Pit Open for Warm-Up			
11:45						
12:00						
12:15	Girls U18 (11) Pole Vault 12:15		Girls U16 (14) Triple Jump 12:15			
12:30						
12:45		Pit Open for Warm-Up		Circle Open for Warm-Up	Runway Open for Warm-Up	
1:00						
1:15		Boys U16 (14) High Jump 1:15		Girls U16 (5) Discus Throw East Cage 1:15	Girls & Boys U14 (7) Javelin Throw 1:15	
1:30			Pit Open for Warm-Up			
1:45	Pit Open for Warm-Up		Two Pits Boys U14 (21) Long Jump 2:00		Circle Open for Warm-Up	
2:00						
2:15						
2:30					Boys U16 (8) Discus Throw West Cage 2:30	
2:45	Boys U16 & U18 (20) Pole Vault 2:45		Pit Open for Warm-Up			
3:00						
3:15				Two Pits Girls U14 (30) Long Jump 3:30		
3:30						
3:45						
4:00						
4:15						
4:30						
4:45						

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