



Final Competition Schedule

For live results and splits visit: <https://bit.ly/2024-indoor-ce-relay>

Ontario U16, U18, U20, Open Relay Championships U16 Selections Meet & Winter Mini Meet 1 Saturday, January 13, 2024 Individual event sections will run Fast to Slow Relays will run Slow to Fast Non-relay events may run up to 15 minutes ahead of schedule				
Time	Event	Round	Gender	Age Group (# of athletes)
9:00	60m *Top 24 to Final*	Prelim	Girls	Under 16 (54)
9:20	60m *Top 24 to Final*	Prelim	Women	16 and over (57)
9:45	60m *Top 24 to Final*	Prelim	Boys	Under 16 (29)
10:00	60m *Top 24 to Final*	Prelim	Men	16 and over (78)
10:30	2000m	Timed Final	Girls/Women	U14 – U16 – U18 – U20 – Open (22)
10:50	2000m	Timed Final	Boys/Men	U14 – U16 – U18 – U20 – Open (34)
11:10	60m	Finals	Girls	Under 16
11:20	60m	Finals	Women	16 and over
11:30	60m	Finals	Boys	Under 16
11:40	60m	Finals	Men	16 and over
12:00	60m Shuttle Relay Invitational	Exhibition	Women & Men	Open
Track Break				
1:15	4x200m	Timed Final	Boys/Men	U16 (9)
1:25	4x200m	Timed Final	Boys/Men	U18 (12)
1:40	4x200m	Timed Final	Boys/Men	U20 (9)
1:40	4x200m	Timed Final	Boys/Men	Open (1)
1:55	4x200m	Timed Final	Girls/Women	U16 (12)
2:10	4x200m	Timed Final	Girls/Women	U18 (16)
2:25	4x200m	Timed Final	Girls/Women	U20 (9)
	4x200m	Timed Final	Girls/Women	Open (0)
4x200m Medal Presentations				
2:35	4x800m	Timed Final	Girls/Women	U16 (10)
2:45	4x800m	Timed Final	Girls/Women	U18 (8)
3:00	4x800m	Timed Final	Girls/Women	U20 (6)
3:00	4x800m	Timed Final	Girls/Women	Open (2)
3:15	4x800m	Timed Final	Boys/Men	U16 (6)
3:25	4x800m	Timed Final	Boys/Men	U18 (11)
3:40	4x800m	Timed Final	Boys/Men	U20 (12)
3:50	4x800m	Timed Final	Boys/Men	Open (3)
4x800m Medal Presentations				
4:10	300m	Timed Final	Girls/Women	All Ages (97)
5:10	300m	Timed Final	Boys/Men	All Ages (86)

Premier Partner



Partners & Suppliers



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Ontario U16, U18, U20, Open Relay Championships U16 Selections Meet & Winter Mini Meet 1 Saturday, January 13, 2024				
Field	Throws	Vertical Jumps	Horizontals Pit 1	Horizontals Pit 2
8:15	Warmup			
8:30		Warmup		
8:45	Girls (8) & Boys (3)			
9:00	U16, U18	Boys		
9:15	Weight Throw	U14/U16 (6)		
9:30	8:45	High Jump		
9:45		9:00		
10:00			Warmup	Warmup
10:15	Warmup			
10:30			Girls (16)	Girls (14)
10:45	Girls (9)		U16	U14/U18/U20
11:00	U16, U18		Long Jump	Long Jump
11:15	Shot Put		10:30	10:30
11:30	10:45			
11:45				
12:00		Warmup		
12:15				
12:30		Girls (11)		
12:45		U16		
1:00	Warmup	High Jump		
1:15		12:30		
1:30	Boys (6)			
1:45	U16, U18			
2:00	Shot Put	Warmup	Warmup	Warmup
2:15	1:30			
2:30		Girls (5)	Boys (10)	Boys (12)
2:45		U14	U14/U16	U18/U20
3:00		High Jump	Long Jump	Long Jump
3:15		2:30	2:30	2:30
3:30				
3:15				
3:30				
3:45				
4:00				
4:15				
4:30				

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Ontario U16, U18, U20, Open Relay Championships				
U16 Selections Meet & Winter Mini Meet 1				
Sunday, January 14, 2024				
Individual event sections will run Fast to Slow				
Relays will run Slow to Fast				
Non-relay events may run up to 15 minutes ahead of schedule				
Time	Event	Round	Gender	Age Group (# of athletes)
9:20	50m Hurdles	Timed Final	Women & Men	W50-59 (2) – M30-49 (2) – M50-59 (2)
9:25	60m Hurdles 0.762m – 12.00 – 7.50	Prelim	Boys & Girls	U14 Girls (4) – U14 Boys (2)
9:30	60m Hurdles 0.762m – 12.00 – 8.00	Prelim	Women	U16 (12)
9:40	60m Hurdles 0.762m – 13.00 – 8.50	Prelim	Women	U18 (18)
9:50	60m Hurdles 0.840m – 13.00 – 8.50	Prelim	Women	U20 (6)
9:55	60m Hurdles 0.840m – 13.00 – 8.50	Prelim	Men	U16 (3)
10:00	60m Hurdles 0.914m – 13.72 – 9.14	Prelim	Men	U18 (10)
10:05	60m Hurdles 0.990m – 13.72 – 9.14	Prelim	Men	U20 (8)
10:20	50m	Prelim	Women & Men	U12 – Masters
10:35	50m	Final	Women & Men	U12 – Masters
11:15	4x400m	Timed Final	Women	U18 (8)
11:40	4x400m	Timed Final	Women	U20 (8) – Open (1)
11:45	4x400m	Timed Final	Men	U18 (13)
12:05	4x400m	Timed Final	Men	U20 (4) – Open (1)
4x400m Medal Presentations				
Track Break				
Afternoon Straight				
12:55	60m Hurdles 0.990m – 13.72 – 9.14	Final	Men	U20
	60m Hurdles 0.914m – 13.72 – 9.14	Final	Men	U18
1:00	60m Hurdles 0.840m – 13.00 – 8.50	Final	Men	U16
	60m Hurdles 0.840m – 13.00 – 8.50	Final	Women	U20
1:10	60m Hurdles 0.762m – 13.00 – 8.50	Final	Women	U18
1:15	60m Hurdles 0.762m – 12.00 – 8.00	Final	Women	U16
1:20	60m Hurdles 0.762m – 12.00 – 7.50	Final	Boys & Girls	U14 Girls – U14 Boys
Afternoon Oval				
1:15	1500m RW	Timed Final	Women/Men	U16 – U18 – U20 – Masters
1:25	1500m	Timed Final	Women & Men	Masters
1:40	150m	Timed Final	Women – Men	U12 – U14 – Masters
2:10	600m	Timed Final	Women – Men	U12 – Masters
2:20	800m	Timed Final	Women	U14 (7) – U16 (22) – U18 (7) – U20 (3)
2:35	800m	Timed Final	Men	U14 (6) – U16 (24) – U18 (13) – U20 (10)
3:00	3000m	Timed Final	Women & Men	Masters
3:20	300m	Timed Final	Women & Men	Masters
TBD	4x200m	Timed Final	Women & Men	Masters

Premier Partner



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Field	Throws	Vertical Jumps	Horizontals	Horizontals
8:00	Warmup			
8:15				
8:30	Women & Men			
8:45	U20 & Masters			
9:00	Weight Throw	Warmup		
9:15	8:30			
9:30	Warmup	Women & Men		
9:45		U18, U20, Open, Masters		
10:00	Women & Men	High Jump		Warmup
10:15	U20 & Masters	9:30		
10:30	Shot Put		Warmup	Girls (12)
10:45	10:00			U16, U18
11:00			Women & Men (5)	Triple Jump
11:15			Open, Masters	10:30
11:30			Long Jump	
11:45		Warmup	11:00	
12:00				
12:15				
12:30		Women & Men		Warmup
12:45		All Ages		
1:00		Pole Vault	Warmup	Boys (8)
1:15		12:30		U16, U18
1:30			Women & Men (11)	Triple Jump
1:45			U20, Open, Masters	1:00
2:00			Triple Jump	
2:15			1:30	
2:30				
2:45				
3:00				
3:15				
3:30				

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