# Final Competition Schedule 

Winter Mini Meet 2
Ontario 8
For live results visit: https://bit.ly/2024-wmm2

| Sunday, January 28, 2024 <br> Sections will be run Fast to Slow <br> Events may run up to 15 minutes ahead of schedule on the track |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Time | Event | Round | Gender | Age Group (\# of athletes) |
|  | Facility opens at 7:30am for hurdle athletes and 8:15am for all other track athletes. |  |  |  |
| 9:00 | 60m Hurdles 0.762m 12-7.5 60m Hurdles 0.762m 13-8.5 | Prelims | Girls <br> Women | U16 (2) <br> U18 (3) |
| 9:05 | 60m Hurdles 0.840m 13-8.5 | Prelims | Women | U20 (3) |
| 9:10 | 60m Hurdles 0.914 13.72-9.14 60m Hurdles 0.914 13-8.5 | Prelims | Men | $\begin{aligned} & \text { U18 (1) } \\ & \text { M50 - } 59 \text { (2) } \end{aligned}$ |
| 9:30 | *60m | Prelims | Mixed <br> Women Men | Masters \& Rising Stars (52) <br> All Comers (25) <br> All Comers (32) |
| 10:15 | Mile Steeplechase 0.762 m | Timed Finals | Women \& Men | Female All Ages \& M60+ |
| 10:25 | Mile Steeplechase 0.840 m | Timed Finals | Men | U18 |
| 10:35 | 60 m Hurdles 0.762 m 12-7.5 <br> 60m Hurdles 0.762 m 13-8.5 | Finals | Girls <br> Women | $\begin{aligned} & \text { U16 (2) } \\ & \text { U18 (3) } \end{aligned}$ |
| 10:40 | 60 m Hurdles 0.840m 13-8.5 | Finals | Women | U20 (3) |
| 10:45 | 60m Hurdles 0.914 13.72-9.14 60m Hurdles 0.914 13-8.5 | Finals | Men | $\begin{aligned} & \text { U18 (1) } \\ & \text { M50-50 } \end{aligned}$ |
| 11:00 | *60m | Finals | Mixed <br> Women <br> Men | Masters \& Rising Stars (52) <br> All Comers (25) <br> All Comers (32) |
|  | Track Break |  |  |  |
| 12:30 | 1000m | Timed Finals | Mixed | Masters \& Rising Stars (32) |
| 12:50 | 1000m | Timed Finals | Women | All Comers (47) |
| 1:10 | 1000m | Timed Finals | Men | All Comers (43) |
| 1:30 | 400 m | Timed Finals | Mixed | Masters \& Rising Stars (27) |
| 1:50 | 400m | Timed Finals | Women Men | All Comers (10) <br> All Comers (9) |
| 2:05 | 1500m RW | Timed Finals | Mixed | All Ages (5) |
| 2:15 | 200m | Timed Finals | Mixed | Masters \& Rising Stars (39) |
| 2:40 | 200m | Timed Finals | Women Men | All Comers (21) <br> All Comers (25) |
| 3:10 | 3000m | Timed Finals | Women | All Ages (8) |
| 3:25 | 3000m | Timed Finals | Men | All Ages (7) Top Seeds |
| 3:35 | 3000m | Timed Finals | Men | All Ages (10) Lower Seeds |
| 3:50 | 5000m | Timed Finals | Mixed | All Ages (5) |
| TBD | **4x400m | Timed Finals | Women - Men | All Ages |

*All athletes run a prelim and final in the 60m*
**Relay declaration closes at $3: 00 \mathrm{pm}{ }^{* *}$

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|  | Sunday, January 28, 2024 |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Field | Throws | Vertical Jumps | Long Jumps | Triple Jumps |
| 8:00 |  |  |  |  |
| 8:15 |  |  |  |  |
| 8:30 | Warmup |  |  |  |
| 8:45 |  |  |  |  |
| 9:00 | Weight Throw | Warmup |  |  |
| 9:15 | Masters (8) |  |  |  |
| 9:30 | Women \& Men | High Jump |  |  |
| 9:45 | 9:00am | All Athletes (2) |  |  |
| 10:00 |  | 9:30am |  |  |
| 10:15 | Warmup |  | Warmup |  |
| 10:30 |  |  |  |  |
| 10:45 | Shot Put |  | Long Jump |  |
| 11:00 | Masters (8) |  | All Athletes (8) |  |
| 11:15 | Women \& Men |  | 10:45am |  |
| 11:30 | 10:45am |  |  |  |
| 11:45 |  |  |  |  |
| 12:00 |  |  |  |  |
| 12:15 |  |  |  |  |
| 12:30 |  |  |  | Warmup |
| 12:45 |  |  |  |  |
| 1:00 |  |  |  | Triple Jump |
| 1:15 |  |  |  | All Athletes (4) |
| 1:30 |  |  |  | 1:00pm |
| 1:45 |  |  |  |  |
| 2:00 |  | Warmup |  |  |
| 2:15 |  |  |  |  |
| 2:30 |  |  |  |  |
| 2:45 |  | Pole Vault |  |  |
| 3:00 |  | All Athletes (7) |  |  |
| 3:15 |  | 2:45pm |  |  |
| 3:30 |  |  |  |  |
| 3:45 |  |  |  |  |

