



FINAL Competition Schedule

For live results and splits visit: <https://bit.ly/2024-u16-dual>

Track	Ontario vs. Quebec U16 Dual Meet Saturday, February 10, 2024 Sections will run from SLOW to FAST Morning oval and straight events may occur simultaneously			
Time	Event	Round	Gender	Age Group
9:30	60m Hurdles	Timed Final	Girls	ON vs QC: U16
9:35	60m Hurdles	Timed Final	Boys	ON vs QC: U16
10:35	2000m	Timed Final	Girls	ON vs QC: U16
10:45	2000m	Timed Final	Boys	ON vs QC: U16
11:05	60m	Timed Final	Girls – Boys	ON vs QC: U16
12:30	300m	Timed Final	Girls – Boys	ON vs QC: U16
12:40	800m	Timed Final	Girls – Boys	ON vs QC: U16
1:35	1500m Walk	Timed Final	Girls & Boys	ON vs QC: U16
1:45	4x200m	Timed Final	Girls – Boys	ON vs QC: U16
2:15 – 2:25	Awards: Ontario vs. Quebec Medal and Trophy Presentations			

Field	Pole Vault	High Jump	Horizontals Pit 1	Horizontals Pit 2	Throws
8:00					Warmup
8:15					
8:30		Warmup			WEIGHT THROW Boys & Girls 8:30
8:45					
9:00		HIGH JUMP			
9:15		Girls			
9:30		9:00	Warmup	Warmup	
9:45					Warmup
10:00	Warmup		TRIPLE JUMP	TRIPLE JUMP	SHOT PUT Boys & Girls 10:15
10:15			GIRLS 10:00	BOYS 10:00	
10:30	POLE VAULT				
10:45	BOYS				
11:00	10:30		Warmup	Warmup	
11:15					
11:30			LONG JUMP	LONG JUMP	
11:45			GIRLS	BOYS	
12:00	Warmup	Warmup	11:30	11:30	
12:15					
12:30	POLE VAULT	HIGH JUMP			
12:45	GIRLS	Boys			
1:00	12:30	12:30			
1:15					
1:30					

Premier Partner



Partners & Suppliers



Revised: 6 February 2024