



# FINAL Competition Schedule

For live results and splits visit: <https://bit.ly/2024-u18-open>

Track	Ontario Indoor U18 and Open Athletics Championship and 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			
FACILITY OPENS AT 8:00 FOR TRACK ATHLETES				
Time	Event	Round	Gender	Age Group (# of athletes/teams)
9:30	60m Hurdles	Timed Final	Girls	ON vs QC: U16
9:35	60m Hurdles	Timed Final	Boys	ON vs QC: U16
9:40	3K & 5k Walk	Timed Final	Women & Men	Open (6)
9:45	60m	Prelims	Women	U18 (92)
10:25	60m	Prelims	Men	U18 (83)
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
11:15	60m	Finals	Women	U18 (23)
11:25	60m	Finals	Men	U18 (74)
12:00	60m	Prelims	Women	Open
12:15	60m	Prelims	Men	Open
12:30	300m	Timed Final	Girls – Boys	ON vs QC: U16
12:40	800m	Timed Final	Girls – Boys	ON vs QC: U16
12:50	1500m	Timed Final	Women	Open (24)
1:05	1500m	Timed Final	Men	Open (50)
1:35	1500m Walk	Timed Final	Girls & Boys	ON vs QC: U16
1:45	4x200m	Timed Final	Girls – Boys	ON vs QC: U16
1:55	60m	Finals	Women	Open
2:00	60m	Finals	Men	Open
2:15	1500m	Timed Final	Women	U18 (80)
3:00	1500m	Timed Final	Men	U18 (91)
2:20 – 2:30	Awards: Ontario vs. Quebec Medal and Trophy Presentations			
3:45	*SMR (200m–200m–400m–800m)	Timed Final	Women	Open (6)
	*SMR (200m–200m–400m–800m)	Timed Final	Men	Open (8)
4:10	*SMR (200m–200m–400m–800m)	Timed Final	Women	U18 (10)
	*SMR (200m–200m–400m–800m)	Timed Final	Men	U18 (12)
4:35	400m	Timed Final	Women	Open (15)
4:45	400m	Timed Final	Men	Open (42)
5:15	400m	Timed Final	Women	U18 (65)
6:00	400m	Timed Final	Men	U18 (51)

\*Relay cards are due at 2:45pm. If clubs would like to download their own relay cards, they can be downloaded [here](#). Otherwise, there will be relay cards available to pickup at the timing/results table.

Premier Partner



Partners & Suppliers





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Time	High Jump	Pole Vault	Horizontals Pit 1	Horizontals Pit 2	Throws	
7:45						
8:00					Warmup	
8:15						
8:30	Warmup				ON vs QC Weight Throw Boys & Girls 8:30	
8:45						
9:00	ON vs QC High Jump Girls 9:00					
9:15						
9:30			Warmup	Warmup		
9:45					Warmup	
10:00	Warmup	Warmup	ON vs QC Triple Jump Girls 10:00	ON vs QC Triple Jump Boys 10:00	ON vs QC Shot Put Boys & Girls 10:15	
10:15						
10:30	High Jump U18 Men (12) 10:30	ON vs QC Pole Vault Boys 10:30				
10:45			Warmup	Warmup		
11:00						
11:15						
11:30			ON vs QC Long Jump Girls 11:30	ON vs QC Long Jump Boys 11:30		
11:45						
12:00	Warmup	Warmup			Warmup	
12:15						
12:30	ON vs QC High Jump Boys 12:30	ON vs QC Pole Vault Girls 12:30			Shot Put U18 Women (10) 12:30	
12:45			Warmup	Warmup		
1:00						
1:15			Long Jump Open Men (21) Flight 1 1:15	Long Jump Open Men Flight 2 1:15		
1:30						
1:45		Warmup			Warmup	
2:00						
2:15			Warmup	Warmup		
2:30	Warmup	Pole Vault U18 Men (9) 2:30	Long Jump U18 Men (24) Flight 1 2:45	Long Jump U18 Men Flight 2 2:45	Shot Put Open Women (5) 2:30	
2:45						
3:00	High Jump Open Men (7) 3:00					
3:15						
3:30						
3:45						
4:00		Warmup				
4:15			Warmup			
4:30						
4:45		Pole Vault Open Men (11) 4:45	Triple Jump U18 Women (11) Open Women (2) 4:45			
5:00						
5:15						
5:45						
6:00						

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Track				
Ontario Indoor U18 and Open Athletics Championship				
Sunday, February 11, 2024				
Sections will run from SLOW to FAST				
FACILITY OPENS AT 8:00 FOR TRACK ATHLETES				
Time	Event	Round	Gender	Age Group (# of athletes)
9:40	60m Hurdles 0.762m – 13.00 – 8.50	*Prelim	Women	U18 (34)
10:00	60m Hurdles 0.840m – 13.00 – 8.50	*Prelim	Women	Open (11)
10:20	60m Hurdles 0.914m – 13.72 – 9.14	*Prelim	Men	U18 (21)
10:35	60m Hurdles 1.067m – 13.72 – 9.14	*Prelim	Men	Open (7)
10:55	3000m	Timed Final	Women	U18 (27)
11:25	3000m	Timed Final	Women	Open (11)
11:40	3000m	Timed Final	Men	U18 (41)
12:15	3000m	Timed Final	Men	Open (24)
Track Break				
1:25	60m Hurdles 1.067m – 13.72 – 9.14	*Final	Men	Open
1:35	60m Hurdles 0.914m – 13.72 – 9.14	*Final	Men	U18
1:45	60m Hurdles 0.840m – 13.00 – 8.50	*Final	Women	Open
1:55	60m Hurdles 0.762m – 13.00 – 8.50	*Final	Women	U18
2:00	800m	Timed Final	Women	U18 (89)
2:45	800m	Timed Final	Women	Open (22)
2:55	800m	Timed Final	Men	U18 (86)
3:35	800m	Timed Final	Men	Open (52)
4:00	200m	Timed Final	Women	U18 (115)
5:05	200m	Timed Final	Women	Open (22)
5:20	200m	Timed Final	Men	U18 (80)
6:15	200m	Timed Final	Men	Open (54)

\*As per Athletics Ontario Championship Procedures and Technical Rules: (TR 217.1 In the 60m or 60mH, when there are as many, or less athletes than there are lanes on the track, two races will be conducted. The first race will be considered the championship event. The second race, originally scheduled as the final, will be a “second, non-championship” race.\*

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Ontario Indoor U18 and Open Athletics Championship							
Sunday, February 11, 2024							
Field	High Jump	Pole Vault	Horizontal: Pit 1	Horizontal: Pit 2	Throws		
8:00					Warmup		
8:15							
8:30	Warmup				<b>Weight Throw</b> U18 & Open Men (15) 8:30		
8:45							
9:00	<b>High Jump</b> Open Women (5) 9:00						
9:15							
9:30							
9:45							
10:00					<b>**Weight Throw</b> U18 & Open Women (11) 9:30		
10:15							
10:30							
10:45							
11:00	Warmup	Warmup	Warmup	Warmup	Warmup		
11:15							
11:30	<b>High Jump</b> U18 Women (16) 11:30	<b>Pole Vault</b> Open Women (12) 2:15	<b>Triple Jump</b> Open Men (9) 11:30	<b>Triple Jump</b> U18 Men (12) 11:30	<b>Shot Put</b> U18 Men (14) 11:30		
11:45							
12:00							
12:15							
12:30							
12:45							
1:00					Warmup		
1:15			Warmup				
1:30		Warmup	<b>Long Jump</b> Open Women (8) 1:45		<b>Shot Put</b> Open Men (9) 1:30		
1:45							
2:00							
2:15		<b>Pole Vault</b> U18 Women (14) 2:15					
2:30							
2:45							
3:00							
3:15							
3:30			Warmup	Warmup			
3:45							
4:00			<b>Long Jump</b> U18 Women (33) Flight 1 4:00	<b>Long Jump</b> U18 Women Flight 2 4:00			
4:15							
4:30							
4:45							

\*\*Warmups will occur at the secondary warmup/training throws circle at the east end of the facility. The circle will be open for warmups between 9:15am – 9:45am.

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Revised: 8 February 2024