

Ontario Indoor U14 Championships & Indoor Rising Stars Festival



FINAL Competition Schedule

For live results visit: <https://bit.ly/2024-indoor-rs>



Track	Saturday, February 24, 2023 Sections will run from SLOW to FAST			
FACILITY OPENS TO ATHLETES AT 8:00AM				
Time	Event	Round	Age Group (# of athletes)	
9:00	50m	Prelim	Girls & Boys	U8 (10)
9:10	60m	Prelim	Girls	U10 (9) – U12 (31) – U14 (39)
9:40	60m	Prelim	Boys	U10 (12) – U12 (27) – U14 (28)
10:05	2000m	Timed Finals	Girls	U14 (11)
10:15	2000m	Timed Finals	Boys	U14 (6)
10:25	50m	Final	Girls – Boys	U8
10:30	60m	Final	Girls	U10 – U12 – U14
10:40	60m	Final	Boys	U10 – U12 – U14
10:55	1000m	Timed Final	Girls	U10 (3) & U12 (34)
11:15	1000m	Timed Final	Boys	U10 (7) & U12 (20)
11:30	*60mH (0.457m)	Prelim	Girls & Boys	U10 (10)
11:40	*60mH (0.610m)	Prelim	Girls & Boys	U12 (13)
11:55	*60mH (0.762m)	Prelim	Girls	U14 (11)
12:00	*60mH (0.762m)	Prelim	Boys	U14 (5)
12:05	400m & 800m Race Walk	Timed Final	Girls & Boys	U10 (0) & U12 (2) & U14 (7)
TRACK BREAK				
1:15	*60mH (0.762m)	Final	Girls – Boys	U14
1:20	*60mH (0.610m)	Final	Girls – Boys	U12
1:30	*60mH (0.457m)	Final	Girls – Boys	U10
1:50	4x200m	Timed Final	Girls & Boys	U10 (2)
	4x200m	Timed Final	Girls	U12 (7) – U14 (13)
2:20	4x200m	Timed Final	Boys	U12 (5) – U14 (7)
2:40	600m	Timed Final	Girls	U10 (7) – U12 (31)
2:55	600m	Timed Final	Boys	U10 (13) – U12 (20)
3:10	800m	Timed Final	Girls	U14 (33)
3:25	800m	Timed Final	Boys	U14 (14)
3:35	150m	Timed Final	Girls	U8 (4) – U10 (15) – U12 (26) – U14 (49)
4:25	150m	Timed Final	Boys	U8 (1) – U10 (13) – U12 (22) – U14 (28)
5:00	300m	Timed Final	Girls	U10 (11) – U12 (24)
5:20	300m	Timed Final	Boys	U10 (15) – U12 (16)

Top 8 by time in the 50m, 60m, 50mH, and 60mH will advance to the final

Partners & Suppliers



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Field	Saturday, February 24, 2023			
FACILITY OPENS TO ATHLETES AT 8:00AM				
Time	High Jump Pit	Long Jump Pit 1	Long Jump Pit 2	Shot Put
8:45				Circle open for warm-up
9:00				Circle open for warm-up
9:15	Pit open for warm-up			Shot Put
9:30		Runway open for warm-up	Runway open for warm-up	Girls U8 (2) & U10 (3)
9:45	High Jump			Boys U8 (0) & U10 (3)
10:00	Girls U10 (1)	Long Jump	Long Jump	9:15
10:15	Girls U12 (3)	Boys U12 (16)	Boys U14 (18)	
10:30	9:45	10:00	10:00	
10:45				
11:00				
11:15		Runway open for warm-up	Runway open for warm-up	
11:30				
11:45	Pit open for warm-up	Long Jump	Long Jump	
12:00		Girls U8 (4) & U10 (11)	Boys U8 (2) & U10 (12)	
12:15	High Jump	11:45	11:45	Circle open for Warm-up
12:30	Boys U10 (0)			
12:45	Boys U12 (4)			Shot Put
1:00	12:15			Girls U12 (5) & U14 (4)
1:15			Runway open for warm-up	12:45
1:30				
1:45			Long Jump	
2:00			Girls U12 (16)	Circle open for warm-up
2:15		Runway open for warm-up	1:45	
2:30				Shot Put
2:45		Long Jump		Boys U12 (9) & U14 (5)
3:00		Girls U14 (19)		2:30
3:15		Flight 1		
3:30		2:45		
3:45				
4:00				

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Track	Sunday, February 25, 2023 Sections will run from SLOW to FAST			
FACILITY OPENS TO ATHLETES AT 8:00AM				
Time	Event	Round	Gender	Age Group (# of athletes)
11:30	60mH (0.457m)	Tetrathlon	Girls & Boys	U10 (4)
11:35	60mH (0.610m)	Tetrathlon	Girls	U12 (3)
	60mH (0.610m)	Tetrathlon	Boys	U12 (4)
	60mH (0.762m)	Tetrathlon	Girls	U14 (0)
11:40	60mH (0.762m)	Tetrathlon	Boys	U14 (3)
11:55	1200m	Timed Final	Girls	U14 (19)
12:10	1200m	Timed Final	Boys	U14 (11)
TRACK BREAK				
2:00	4x800m	Final	Girls & Boys	U14 (5)
2:20	300m	Timed Final	Girls	U14 (30)
2:40	300m	Timed Final	Boys	U14 (17)
*TBD	200m	Tetrathlon	Girls	U10 & U12 & U14
*TBD	200m	Tetrathlon	Boys	U10 & U12 & U14

All 50m & 60m athletes run a prelim and final

Field	FACILITY OPENS TO ATHLETES AT 8:00AM			
Time	Vertical Jumps	Horizontal Pit 1	Throws Warmup	Shot Put
10:00				
10:15				
10:30	Warmup			
10:45				
11:00	High Jump Girls U14 (9) Boys U14 (3) 11:00			
11:15				
11:30				
11:45			Warmup East Circle	
12:00				
12:15				Tetrathlon Shot Put Girls & Boys Est: 12:15
12:30				
12:45				
1:00				
1:15				
1:30	Warmup			
1:45				
2:00	Tetrathlon High Jump Girls & Boys Est: 2:00			
2:15				
2:30				
3:45				

Combined events to receive a 30-minute break in between the end of one event and the start of the next unless all athletes agree to start earlier. The Combined Events Referee will determine the actual start time of each successive event and advise athletes of the actual start time. The scheduled start time of the Shot Put and High Jump are only estimates

Partners & Suppliers

