

Indoor Rising Stars Festival & Ontario Indoor U14 Championships



Tentative Competition Schedule

For live results visit: <https://bit.ly/2024-rs-u14>



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 – U8
9:15	60m	Prelim	Girls	U10 – U12 – U14
9:40	60m	Prelim	Boys	U10 – U12 – U14
10:05	2000m	Timed Final	Girls	U14
10:15	2000m	Timed Final	Boys	U14
10:25	50m	Prelim	Girls - Boys	U8 – U8
10:35	60m	Prelim	Girls	U10 – U12 – U14
10:45	60m	Prelim	Boys	U10 – U12 – U14
11:00	1000m	Timed Final	Girls	U10 & U12
11:10	1000m	Timed Final	Boys	U10 & U12
11:20	*60mH (0.457m)	Prelim	Girls & Boys	U10
11:35	*60mH (0.610m)	Prelim	Girls & Boys	U12
11:50	*60mH (0.762m)	Prelim	Girls	U14
12:05	*60mH (0.762m)	Prelim	Boys	U14
12:15	400m & 800m Race Walk	Timed Final	Girls & Boys	U10 – U14
TRACK BREAK				
1:15	*60mH (0.762m)	Final	Girls – Boys	U14
1:25	*60mH (0.610m)	Final	Girls – Boys	U12
1:35	*60mH (0.457m)	Final	Girls – Boys	U10
1:50	4x200m	Timed Final	Girls	U10 – U12 – U14
2:15	4x200m	Timed Final	Boys	U10 – U12 – U14
2:35	600m	Timed Final	Girls – Boys	U10 – U12
3:00	800m	Timed Final	Girls – Boys	U14
3:25	150m	Timed Final	Girls	U8 – U10 – U12 – U14
4:00	150m	Timed Final	Boys	U8 – U10 – U12 – U14
4:30	300m	Timed Final	Girls	U10 – U12
4:45	300m	Timed Final	Boys	U10 – U12

Field	FACILITY OPENS TO ATHLETES AT 8:00AM				
Time	High Jump Pit 1	High Jumps Pit 1	Long Jump Pit 1	Long Jump Pit 2	Shot Put
8:45					Circle open for warm-up
9:00					Shot Put Girls U8 & U10 9:15
9:15	Pit open for warm-up	Pit open for warm-up	Runway open for warm-up	Runway open for warm-up	
9:30					
9:45	Pit 1	Pit 2			
10:00	High Jump	High Jump	Long Jump	Long Jump	
10:15	Girls U10	Girls U12	Boys U12	Boys U14	Circle open for warm-up
10:30	9:45	9:45	10:00	10:00	
10:45					Shot Put Boys U8 & U10 10:45
11:00			Runway open for warm-up	Runway open for warm-up	
11:15					
11:30			Long Jump	Long Jump	
11:45	Pit open for warm-up	Pit open for warm-up	Girls U8 & U10	Boys U8 & U10	
12:00			11:30	11:30	
12:15	Pit 1	Pit 2			Circle open for Warm-up
12:30	High Jump	High Jump			
12:45	Boys U10	Boys U12			Shot Put Girls U12 & U14 12:45
1:00	12:15	12:15	Runway open for warm-up	Runway open for warm-up	
1:15					
1:30			Long Jump	Long Jump	
1:45			Girls U12	Boys U12	
2:00			1:30	1:30	Circle open for warm-up
2:15					
2:30			Runway open for warm-up	Runway open for warm-up	Shot Put Boys U12 & U14 2:30
2:45					
3:00			Long Jump	Long Jump	
3:15			Girls U14	Girls U14	
3:30			Flight 1	Flight 2 If Needed	
3:45			3:00	3:00	

Partners & Suppliers



Indoor Rising Stars Festival & Ontario Indoor U14 Championships



Tentative Competition Schedule

For live results visit: <https://bit.ly/2024-rs-u14>



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)
11:40	1200m	Timed Final	Girls	U14 (22)
11:50	1200m	Timed Final	Boys	U14 (14)
12:00	60mH (0.610m)	Tetrathlon	Girls	U10 & U12 & U14
12:10	60mH (0.762m)	Tetrathlon	Boys	U10 & U12 & U14
TRACK BREAK				
1:10	4x800m	Final	Girls	U14
1:15	4x800m	Final	Boys	U14
1:30	300m	Timed Final	Girls	U14 (25)
1:45	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	Horizontal Pit 2	Shot Put
9:30				
9:45				
10:00				
10:15				
10:30	Pit open for warm-up			
10:45				
11:00	High Jump Girls U14 11:00			
11:15				
11:30				
11:45	Pit open for warm-up			
12:00				
12:15	High Jump Boys U14 12:15			Tetrathlon Shot Put Girls & Boys Est: 12:15
12:30				
12:45				
1:00				
1:15				
1:30	Tetrathlon High Jump Girls & Boys Est: 1:30			
1:45				
2:00				
2:15				

*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.

