

FINAL Competition Schedule

Ontario Masters Athletics Championship

LIVE RESULTS: <https://bit.ly/2024-masters-champs>

Friday, June 28, 2024				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of athletes)
5:00	Long Jump – Javelin – 200m – Discus – 1500m	Pentathlon	Men	All (7)
5:00	Shot Hurdles – High Jump – Shot Put – Long Jump – 800m	Pentathlon	Women	All (0)

All start times for combined events, except for the first event, are all estimates. The Combined Events Referee will inform each athlete of the start times for each successive event. All start times can be pushed earlier, only if all athletes in the competition agree to proceed earlier than indicated by the Combined Events Referee. Normally, a minimum of 30 minutes will be allocated between the end of one event and the start of the next

Saturday, June 29, 2024				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of athletes)
8:45	5000m	Timed Final	Women & Men	W30+ (10) & M70+ (6)
9:25	5000m	Timed Final	Men	M50 to M69 (12)
9:50	5000m	Timed Final	Men	M30 to M49 (7)
10:40	2000m Steeplechase 0.762m	Timed Final	Women & Men	W30+ (2) & M60+ (1)
11:00	3000m Steeplechase 0.914m	Timed Final	Men	M30 to M59 (1)
11:25	100m	Timed Final	Women	All Ages (23)
11:35	100m	Timed Final	Men	All Ages (61)
	Track Break			
1:15	80m Hurdles	Timed Final	Women & Men	W40+ (4) & M70+ (2)
1:25	100m Hurdles	Timed Final	Women	W20 to W29 (1)
1:30	100m Hurdles	Timed Final	Women & Men	W30 to W39 (0) & M50 to M69 (3)
1:35	110m Hurdles	Timed Final	Men	M30 to M49 (1)
1:55	1500m	Timed Final	Women	W30+ (10)
2:05	1500m	Timed Final	Men	M70+ (8)
2:20	1500m	Timed Final	Men	M30 to M69 (20)
2:40	400m	Timed Final	Women – Men	All Ages (53)
3:15	4x100m	Timed Final	Women – Men	All Ages
3:25	4x800m	Timed Final	Women – Men	All Ages

Saturday, June 29, 2024				
Field	Vertical Jumps	Horizontal Jumps	Throws	Throws
8:30		Warmup	Warmup	Warmup
8:45				
9:00		Long Jump	Discus Throw	Shot Put
9:15		Men M30 to M49 (7)	Men M60 to M69 (12)	Women All Ages (14)
9:30	Warmup	9:00	9:00	9:00
9:45				
10:00	High Jump			
10:15	Women All Ages (5)	Warmup		
10:30	Men M70+ (5)			
10:45	10:00	Long Jump	Warmup	
11:00		Men M50 to M69 (6)		
11:15		10:45	Discus	
11:30			Women All Ages (12)	
11:45			11:15	
12:00				
12:15				
12:30				
12:45				
1:00	Warmup	Warmup		Warmup
1:15				
1:30	High Jump	Long Jump		Discus Throw
1:45	Men M30 to M69 (8)	Women All Ages (6)		Men M70+ (9)
2:00	1:30	Men M70+ (5)		1:30
2:15		1:30		
2:30				
2:45				Warmup
3:00				
3:15				Discus Throw
3:45				M30 to M59 (8)
4:00				3:15
4:15				

FINAL Competition Schedule

Ontario Masters Athletics Championship

LIVE RESULTS: <https://bit.ly/2024-masters-champs>

Sunday, June 30, 2024				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of athletes)
9:30	5000m Racewalk	Timed Final	Women & Men	All Ages (12)
10:45	800m	Timed Final	Women & Men	W30+ (7) & M80+ (3)
10:55	800m	Timed Final	Men	M30 to M79
	Track Break			
1:00	200m Hurdles	Timed Final	Men	W70 (1) + M80+ (0)
1:05	300m Hurdles	Timed Final	Women & Men	W50 to W69 (0) & M60 to M79 (2)
1:10	400m Hurdles	Timed Final	Women & Men	W30 to W49 (1) & M30 – M59 (3)
1:45	200m	Timed Final	Women	All Ages (21)
2:00	200m	Timed Final	Men	All Ages (56)
3:00	4x400m	Timed Final	Women – Men	All Ages

Sunday, June 30, 2024					
Field	Vertical/Horizontal	Throws 1	Throws 2	Throws 3	
8:30		Warmup	Warmup		
8:45	Warmup	Javelin Throw Men M30 to M59 (10) 9:00	Weight Throw Men M65+ (10) 9:00		
9:00					
9:15					
9:30	Pole Vault Women All Ages (0) Men All Ages (5) 9:30				
9:45					
10:00					
10:15		Warmup	Warmup		
10:30					
10:45		Javelin Throw Men M70+ (12) 10:45	Weight Throw Women All Ages (5) Men M30 to M64 (7) 10:45		
11:00					
11:15	Warmup				
11:30					
11:45	Triple Jump Women All Ages (1) Men M30 to M59 (6) 11:45				
12:00					
12:15					
12:30		Warmup		Warmup	
12:45			Warmup		
1:00		Javelin Throw Women All Ages (15) 1:00	Shot Put Men M60 to M69 (12) 1:15	Shot Put Men M70+ (12) 1:00	
1:15					
1:30	Warmup				
1:45					
2:00	Triple Jump Men M60+ (9) 2:00				
2:15					
2:30					
2:45		Warmup	Warmup		
3:00		Javelin Throw Men M60 to M69 (10) 3:00	Shot Put Men M30 to M59 (6) 3:00		
3:15					
3:30					
3:45					