



# FINAL Competition Schedule

For live results and splits times visit: <https://bit.ly/2024-ontario-u14-u16-u18>

\*Please note that the start time for successive Heptathlon/Decathlon events are only estimates. Start times will be confirmed by the CE referee at the completion of each event. \*

Friday, July 26, 2024				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of athletes)
3:25	100mH 0.840m – 13 – 8.5	Heptathlon	Women	Open (12)
4:20	100mH 0.762m – 13 – 8.5	Heptathlon	Women	U18 (5)
4:40	100mH 0.840m – 13 – 8.5	Heptathlon	Women	U20 (9)
4:45	400m	Timed Final	Women	U18 (46)
5:10	400m	Timed Final	Men	U18 (67)
5:45	300m	Timed Final	Girls	U16 (49)
6:10	300m	Timed Final	Girls	U14 (30)
6:25	300m	Timed Final	Boys	U16 (33)
6:40	300m	Timed Final	Boys	U14 (15)
6:55	2000m	Timed Final	Girls	U14 (18)
7:15	2000m	Timed Final	Girls	U16 (23)
7:35	2000m	Timed Final	Boys	U14 (15)
7:45	2000m	Timed Final	Boys	U16 (26)
8:00	3000m	Timed Final	Women	U18 (32)
8:30	3000m	Timed Final	Men	U18 (41)
TBD	200m	Heptathlon	Women	U18 (5) – U20 (9) – Open (12)

Friday, July 26, 2024				
Field	Jumps	Jumps	Throws	Throws
3:30			Warm-ups	
3:45				
4:00			U16 Boys (8)	
4:15	Heptathlon Open (12)		Shot Put	
4:30	High Jump	Warm-ups	4:00	Warm-ups
4:45	Est. 4:15			
5:00		Two Pits		Boys U18 (18)
5:15		Boys U18 (23)		Javelin Throw
5:30	Heptathlon U18, U20 (14)	Triple Jump		5:00
5:45	High Jump	5:00	Heptathlon Open (12)	
6:00	Est. 5:30		Shot Put	
6:15			5:45	
6:30		Warm-ups		Warm-ups
6:45				
7:00		Girls U18 (17)	Heptathlon U18, U20 (14)	Boys U16 (9)
7:15		Triple Jump	Shot Put	Javelin Throw
7:30		7:00	7:00	7:00
7:45				
8:00				

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Partners & Suppliers





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Saturday, July 27, 2024				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of athletes)
8:45	80m Hurdles 0.762m/12/7.5	Prelims	Girls	U14 (13)
8:50	80m Hurdles 0.762m/12/7.5	Prelims	Boys	U14 (5)
9:00	80m Hurdles 0.762m/12/8	Prelims	Girls	U16 (20)
9:15	100m Hurdles 0.762m/13/8.5	Prelims	Girls	U18 (36)
9:35	100m Hurdles 0.840m/13/8.5	Prelims	Boys	U16 (11)
9:45	110m Hurdles 0.914m/13.72/9.14	Prelims	Boys	U18 (30)
10:00	800m Racewalk	Timed Final	Girls & Boys	U14 (4)
10:05	1500m & 3000m Racewalk	Timed Final	Girls & Boys	U16 (1) – U18 (1)
10:25	80m	Prelim	Girls	U14 (49)
10:45	80m	Prelim	Boys	U14 (19)
10:55	100m	Decathlon	Men	U18 (10)
11:00	100m	Prelims	Girls	U16 (59)
11:25	100m	Prelims	Boys	U16 (44)
11:50	100m	Decathlon	Men	U20 (7) – Open (6)
11:55	100m	Prelims	Girls	U18 (68)
12:20	100m	Prelims	Boys	U18 (91)
	<b>Track Break</b>			
1:40	110m Hurdles 0.914m/13.72/9.14	*Finals	Boys	U18
1:45	100m Hurdles 0.840m/13/8.5	*Finals	Boys	U16
1:55	100m Hurdles 0.762m/13/8.5	*Finals	Girls	U18
2:10	80m Hurdles 0.762m/12/8	*Finals	Girls	U16
2:20	80m Hurdles 0.762m/12/7.5	*Finals	Boys	U14
2:25	80m Hurdles 0.762m/12/7.5	*Finals	Girls	U14
2:40	80m	*Finals	Girls – Boys	U14
3:00	100m	*Finals	Girls	U16
3:10	100m	*Finals	Boys	U16
3:20	100m	*Finals	Girls	U18
3:30	100m	*Finals	Boys	U18
3:45	1200m	Timed Final	Girls	U14 (26)
3:55	1200m	Timed Final	Girls	U16 (48)
4:10	1200m	Timed Final	Boys	U14 (28)
4:20	1200m	Timed Final	Boys	U16 (43)
4:40	1500m	Timed Final	Girls	U18 (48)
5:00	1500m	Timed Final	Boys	U18 (76)
5:40	4X100m	Timed Final	Girls	U14 (7) – U16 (12) – U18 (16)
6:05	4X100m	Timed Final	Boys	U14 (5) – U16 (4) – U18 (13)
6:25	4X800m	Timed Final	Girls	U14 (4) & U16 (6) – U18 (7)
6:45	4X800m	Timed Final	Boys	U14 (3) & U16 (5) – U18 (7)
TBD	800m	Heptathlon	Women	U18 (10) – U20 (7) – Open (6)
TBD	400m	Decathlon	Men	U18 (10) – U20 (7) – Open (6)

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\*Please note that the start time for successive Heptathlon/Decathlon events are only estimates. Start times will be confirmed by the CE referee at the completion of each event. \*

Saturday, July 27, 2024					
Jumps Schedule					
Time	High Jump	Pole Vault	Horizontals 1	Horizontals 2	Horizontals 3
9:00	Warm-ups	Warm-ups			
9:15					
9:30	Girls U14 (12)	Girls U16 (5)	Warm-ups	Warm-ups	Warm-ups
9:45	High Jump	Pole Vault			
10:00	9:30	9:30	Girls U18 (43)	Girls U18	Girls U18
10:15			Pit 1	Pit 2	Pit 3
10:30		Warm-ups	Long Jump	Long Jump	Long Jump
10:45	Warm-ups		10:00		
11:00					
11:15	Girls U16 (12)	Girls U18 (20)			
11:30	High Jump	Pole Vault		Open (12)	U18 (10)
11:45	11:15	11:15		Heptathlon LJ	Decathlon LJ
12:00			U18 (5), U20 (9)	11:30	Est: 11:30
12:15			Heptathlon LJ		
12:30			12:00		U20 (7), Open (6)
12:45					Decathlon LJ
1:00					Est: 12:30
1:15					
1:30			Warm-ups	Warm-ups	
1:45					
2:00	U18 (10)		Boys U18 (34)	Boys U18	
2:15	Decathlon HJ		Pit 1	Pit 2	
2:30	Est: 2:00	Warm-ups	Long Jump	Long Jump	
2:45			2:00		
3:00		Boys U16 (7)			
3:15	U20 (7), Open (6)	Pole Vault			
3:30	Decathlon HJ	3:00	Warm-ups	Warm-ups	
3:45	Est: 3:15				
4:00			Girls U16 (31)	Girls U16	
4:15			Pit 1	Pit 2	
4:30	Warm-ups	Warm-ups	Long Jump	Long Jump	
4:45			4:00		
5:00	Girls U18 (14)	Boys U18 (10)			
5:15	High Jump	Pole Vault	Warm-ups	Warm-ups	
5:30	5:00	5:00			
5:45			Boys U16 (22)	Boys U16	
5:00			Pit 1	Pit 2	
5:15			Long Jump	Long Jump	
5:30			5:45		
5:45					

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Saturday, July 27, 2024				
Throws Schedule				
Time	Shot Put	Hammer/Discus	Javelin	
8:45	Warm-ups	Boys U18 Flight 1 (32)	Warm-ups	
9:00		Discus Flight 1		
9:15	Girls U18 (12) Shot Put 9:15	8:45	Girls & Boys U14 (11) Javelin 9:15	
9:30		Warm-ups		
9:45		Boys U18 Flight 2 (32)		Discus 10:00
10:00				
10:15			Warm-ups	
10:30				
10:45			Girls U16 (6) Javelin 11:15	
11:00		Warm-ups		
11:15		Girls & Boys U14 (9) Discus 12:00		
11:30				
11:45			Open (12) Heptathlon Javelin Est: 12:45	
12:00				
12:15	U18 (10) Decathlon Shot Put Est: 12:45	Warm-ups		
12:30				
12:45	U20 (7), Open (6) Decathlon Shot Put Est. 1:45	Boys U16 (6) Discus 1:45	U18 (5), U20 (9) Heptathlon Javelin Est. 2:00	
1:00				
1:15		Warm-ups		
1:30				
1:45	Warm-ups	Boys U18 (19) Hammer Throw 3:00		
2:00				
2:15		Warm-ups	Girls U18 (16) Javelin 4:30	
2:30				
2:45	Girls U16 (13) Shot Put 3:00	Boys U16 (6) Hammer Throw 5:00		
3:00				
3:15		Warm-ups		
3:30				
3:45		Girls U18 (16) Javelin 4:30		
4:00				
4:15		Masters Women & Men (14) Hammer Throw 6:00		
4:30				
4:45				
5:00				
5:15				
5:30				
5:45				
6:00				
6:15				
6:30				

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**Sunday, July 28, 2024**

Sections will be run Slow to Fast

Time	Event	Round	Gender	Age Group (# of athletes)
8:45	1500m SC 0.762m	Timed Final	Girls	U16 (8)
8:50	1500m SC 0.762m	Timed Final	Boys	U16 (7)
9:00	2000m SC 0.762m	Timed Final	Girls	U18 (11)
9:25	2000m SC 0.910m	Timed Final	Boys	U18 (16)
9:35	110mH 0.914m – 13.72 – 9.14	Decathlon	Men	U18 (10)
9:45	200mH 0.762m	Timed Final	Girls	U14 (5)
9:50	200mH 0.762m	Timed Final	Boys	U14 (7)
9:55	200mH 0.762m	Timed Final	Girls	U16 (21)
10:05	200mH 0.762m	Timed Final	Boys	U16 (6)
10:15	400mH 0.762m	Timed Final	Girls	U18 (27)
10:30	400mH 0.840m	Timed Final	Boys	U18 (26)
10:55	110mH 0.990m – 13.72 – 9.14	Decathlon	Men	U20 (7)
11:00	110mH 1.067m – 13.72 – 9.14	Decathlon	Men	Open (6)
11:05	800m	Timed Final	Girls	U14 (36)
11:20	800m	Timed Final	Boys	U14 (25)
11:35	800m	Timed Final	Girls	U16 (48)
11:55	800m	Timed Final	Boys	U16 (50)
12:10	800m	Timed Final	Girls	U18 (44)
12:25	800m	Timed Final	Boys	U18 (70)
	<b>Track Break</b>			
1:40	150m	Timed Final	Girls	U14 (53)
2:00	150m	Timed Final	Boys	U14 (28)
2:10	200m	Timed Final	Girls	U16 (70)
2:35	200m	Timed Final	Boys	U16 (47)
2:55	200m	Timed Final	Girls	U18 (84)
3:25	200m	Timed Final	Boys	U18 (90)
4:15	4x400m	Timed Final	Girls	U18 (13)
4:25	4x400m	Timed Final	Boys	U18 (13)
4:45	Sprint Medley Relay (4-2-2-8)	Timed Final	Girls	U16 (10)
5:00	Sprint Medley Relay (4-2-2-8)	Timed Final	Girls	U18 (11)
5:15	Sprint Medley Relay (4-2-2-8)	Timed Final	Boys	U16 (7)
5:25	Sprint Medley Relay (4-2-2-8)	Timed Final	Boys	U18 (8)
TBD	1500m	Decathlon	Men	U18
TBD	1500m	Decathlon	Men	U20
TBD	1500m	Decathlon	Men	Open

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Sunday, July 28, 2024					
Field	High Jump	Pole Vault	Horizontals	Throws	Throws
8:30	Warm-Ups			Warm-Ups	Warm-Ups
8:45					
9:00	Boys U14 (13)		Warm-Ups	U18 Girls (11)	Girls & Boys U14
9:15	High Jump			Hammer Throw	(13)
9:30	9:00		Boys U16 (11)	9:00	Shot Put
9:45			Triple Jump		9:00
10:00			9:30		Warm-Ups
10:15				U18 (10)	
10:30				Decathlon Discus	Boys U18 (26)
10:45			Warm-Ups	Est. 10:15	Shot Put Flight 1
11:00	Warm-Ups				10:30
11:15			Girls U16 (14)	U18 Girls (13)	Warm-Ups
11:30	Boys U16 (10)		Triple Jump	Discus	
11:45	High Jump	U18 (10)	11:15	11:15	Boys U18 (26)
12:00	11:30	Decathlon			Shot Put Flight 2
12:15		Pole Vault			11:45
12:30		Est. 11:45			
12:45				U20 (7), Open (6)	
1:00				Decathlon Discus	
1:15			Warm-Ups	Est. 12:45	
1:30					
1:45	Pit Open for		Two Pits		U18 (10)
2:00	Warm-Up	U20 (7), Open (6)	Boys U14 (25)	Warm-Ups	Decathlon Javelin
2:15	Boys U18 (15)	Decathlon	Long Jump		Est. 1:45
2:30	High Jump	Pole Vault	1:45	U16 Girls (8)	
2:45	2:15	Est. 2:00		Discus	
3:00			Warm-Ups	2:30	
3:15					
3:30			Two Pits		
3:45			Girls U14 (24)	Warm-Ups	
4:00			Long Jump		U20 (7), Open (6)
4:15			3:30	U16 Girls (6)	Decathlon Javelin
4:30				Hammer Throw	Est. 4:00
4:45				4:15	
5:00					

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