





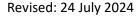
For live results and splits times visit: <a href="https://bit.ly/2024-ontario-u14-u16-u18">https://bit.ly/2024-ontario-u14-u16-u18</a> \*Please note that the start time for successive Heptathlon/Decathlon events are only estimates. Start times will be confirmed by the CE referee at the completion of 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						

















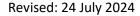
For live results and splits times visit: <a href="https://bit.ly/2024-ontario-u14-u16-u18">https://bit.ly/2024-ontario-u14-u16-u18</a>

\*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						
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)		
	Track Break		-			
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)		

















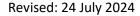
For live results and splits times visit: <a href="https://bit.ly/2024-ontario-u14-u16-u18">https://bit.ly/2024-ontario-u14-u16-u18</a>

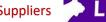
\*Please note that the start time for successive Heptathlon/Decathlon events are only estimates. Start times will be confirmed by the CE referee at the completion of each event. \*

	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						

















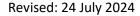
For live results and splits times visit: <a href="https://bit.ly/2024-ontario-u14-u16-u18">https://bit.ly/2024-ontario-u14-u16-u18</a>

\*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 Throws Schedule				
Time	Shot Put		Javelin		
8:45		Hammer/Discus			
9:00	Warm-ups	Boys U18 Flight 1 (32) Discus Flight 1	Warm-ups		
9:00	Cirle 1119 (12)	8:45	Cirls 9 Days 1114 (11)		
9:15	Girls U18 (12) Shot Put		Girls & Boys U14 (11) Javelin		
9:30	9:15	Warm-ups	9:15		
10:00	9.13	Boys U18 Flight 2 (32)	9.13		
10:00		Discus			
10:30		10:00			
10:30			Warm une		
H			Warm-ups		
11:00 11:15		+	Girls U16 (6)		
		Warm unc	Javelin		
11:30 11:45		Warm-ups	Javelin 11:15		
L		Cirls 9 Pove 1144 (0)	11.15		
12:00		Girls & Boys U14 (9) Discus			
12:15		12:00			
12:30	1140 (40)	12.00	0.5.5. (4.2)		
12:45	U18 (10) Decathlon Shot Put		Open (12)		
1:00		Mana and	Heptathlon Javelin		
1:15	Est: 12:45	Warm-ups	Est: 12:45		
1:30	1120 (7) 0 (6)	D 114.C./C)			
1:45	U20 (7), Open (6)	Boys U16 (6)	1140 (5) 1100 (0)		
2:00	Decathlon Shot Put	Discus	U18 (5), U20 (9)		
2:15	Est. 1:45	1:45	Heptathlon Javelin		
2:30	Warm-ups	Warm-ups	Est. 2:00		
2:45	011 1115 (10)	2 1112 (12)			
3:00	Girls U16 (13)	Boys U18 (19)			
3:15	Shot Put	Hammer Throw			
3:30	3:00	3:00			
3:45		_			
4:00		_	Warm-ups		
4:15			014 140 (40)		
4:30		Warm-ups	Girls U18 (16)		
4:45		D 1116 (8)	Javelin		
5:00		Boys U16 (6)	4:30		
5:15		Hammer Throw			
5:30		5:00			
5:45					
6:00		Masters Women & Men (14)			
6:15		Hammer Throw			
6:30		6:00			















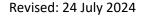


For live results and splits times visit: <a href="https://bit.ly/2024-ontario-u14-u16-u18">https://bit.ly/2024-ontario-u14-u16-u18</a> \*Please note that the start time for successive Heptathlon/Decathlon events are only estimates. Start times will be confirmed by the CE referee at the completion of each event. \*

estimates. Start times will be confirmed by the CE referee at the completion of each event. *  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)	
	Track Break				
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	

















For live results and splits times visit: <a href="https://bit.ly/2024-ontario-u14-u16-u18">https://bit.ly/2024-ontario-u14-u16-u18</a> \*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. \*

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	Dii O (				1140 (40)
1:45	Pit Open for	1120 (7) 0 (6)	Two Pits	)A/	U18 (10) Decathlon Javelin
2:00	Warm-Up	U20 (7), Open (6) Decathlon	Boys U14 (25) Long Jump	Warm-Ups	Est. 1:45
2:15	Boys U18 (15) High Jump	Pole Vault	1:45	LI16 Cirle (0)	ESt. 1.45
2:45	2:15	Est. 2:00	1.43	U16 Girls (8) Discus	
3:00	2.13	L3t. 2.00	Warm-Ups	2:30	
3:15			wariii-ups	2.30	
3:30			Two Pits		
3:45			Girls U14 (24)	Warm-Ups	
4:00			Long Jump	νναιτιί-Ορ3	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				-	





