



FINAL Competition Schedule

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Relay cards are due no later than 1 hour prior to the scheduled start of each relay.
Not submitting a relay card will result in a scratch from the race.

Ontario U16, U18, U20 Relay Championship U16 Selections Meet & Winter Mini Meet 1 Saturday, January 11, 2025 Individual event sections will run Fast to Slow Non-relay events may run up to 15 minutes ahead of schedule				
Time	Event	Round	Gender	Age Group (# of athletes)
9:00	60m	*Prelim	Women	U12 & U14 & U16 & U18 & U20 & Open (84)
9:35	60m	*Prelim	Men	U12 & U14 & U16 & U18 & U20 & Open (57)
10:00	2000m	Timed Final	Girls/Women	U12 & U14 & U16 & U18 & U20 & Open (42)
10:30	2000m	Timed Final	Boys/Men	U12 & U14 & U16 & U18 & U20 & Open (43)
11:00	60m	Finals	Women	U12 – U14 – U16 – U18 – U20 – Open
11:30	60m	Finals	Men	U12 – U14 – U16 – U18 – U20 – Open
11:55	60m Hurdle Shuttle Relay	Finals	Women - Men	Open (4)
Track Break				
1:00	4x200m	***Timed Final	Boys/Men	U16 (4)
1:08	4x200m	***Timed Final	Boys/Men	U18 (4)
1:16	4x200m	***Timed Final	Boys/Men	U20 (5)
1:24	4x200m	***Timed Final	Boys/Men	Open (3)
1:30 – 2:00	4x200m Boys & Men Medal Presentations			
1:35	4x200m	***Timed Final	Girls/Women	U16 (8)
1:50	4x200m	***Timed Final	Girls/Women	U18 (9)
2:05	4x200m	***Timed Final	Girls/Women	U20 (7)
2:15	4x200m	***Timed Final	Girls/Women	Open (3)
2:15 – 2:45	4x200m Girls & Women Medal Presentations			
2:30	4x800m – waterfall start	Timed Final	Girls	U16 (9)
2:45	4x800m – waterfall start	Timed Final	Girls	U18 (11)
3:00	4x800m – waterfall start	Timed Final	Women	U20 (5) & Open (2)
3:15 – 3:45	4x800m Girls & Women Medal Presentations			
3:15	4x800m – waterfall start	Timed Final	Boys	U16 (7)
3:30	4x800m – waterfall start	Timed Final	Boys	U18 (10)
3:45	4x800m – waterfall start	Timed Final	Men	U20 (7) & Open (2)
4:00 – 4:30	4x800m Boys & Men Medal Presentations			
4:00	300m	Timed Final	Women	U12 & U14 & U16 & U18 & U20 & Open (65)
4:40	300m	Timed Final	Men	U12 & U14 & U16 & U18 & U20 & Open (55)

*Top 24 athletes in each age division will qualify for the final. Finals will be seeded by slowest to fastest. The prelim round will be mix division races while the finals will be split into appropriate age divisions.

**60m and 300m races will have 60 seconds to setup their blocks and get a run out before the track is closed. A countdown clock will be present to ensure athletes are aware of the time remaining.

*** Relay cards for the 4x200m and 4x800m are due 1 hour prior to each scheduled start time.



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Ontario U16, U18, U20, Open Relay Championships U16 Selections Meet & Winter Mini Meet 1 Saturday, January 11, 2025				
Field	Throws	Vertical Jumps	Horizontals Pit 1	Horizontals Pit 2
8:15	Warmup			
8:30		Warmup		
8:45	Girls & Boys			
9:00	U16 (6), U18 (2)	Boys U14 (5)		
9:15	Weight Throw	High Jump		
9:30	8:45	9:00		
9:45			Warmup	Warmup
10:00				
10:15	Warmup	Warmup	Girls U16 (16)	Girls U14 (6)
10:30			Long Jump	Long Jump
10:45	Girls/Women	Boys U16 (5)	10:15	10:15
11:00	U16 (6), U18 (4)	High Jump		
11:15	Shot Put	10:45		
11:30	10:45			
11:45				
12:00			Warmup	
12:15				
12:30			Women U18 (9)	
12:45			Long Jump	
1:00	Warmup		12:30	
1:15				
1:30	Boys/Men			
1:45	U16 (4), U18 (2)			
2:00	Shot Put			
2:15	1:30	Warmup	Warmup	Warmup
2:30				
2:45		Girls	Boys U16 (7)	Boys/Men
3:00		U14 (3), U16 (10)	Long Jump	U14 (3), U18 (6)
3:15		High Jump	2:45	Long Jump
3:30		2:45		2:45
3:15				
3:30				



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Ontario U16, U18, U20 Relay Championship U16 Selections Meet & Winter Mini Meet 1 Sunday, January 12, 2025 Individual event sections will run Fast to Slow Non-relay events may run up to 15 minutes ahead of schedule				
Time	Event	Round	Gender	Age Group (# of athletes)
9:00	50m Hurdles	Timed Final	Women & Men	Masters (6)
9:15	60m Hurdles 0.762m – 12.00 – 7.50	Prelim	Girls & Boys	U14 Girls (7) – U14 Boys (4)
9:25	60m Hurdles 0.762m – 12.00 – 8.00	Prelim	Girls	U16 (13)
9:35	60m Hurdles 0.762m – 13.00 – 8.50	Prelim	Women	U18 (10)
9:45	60m Hurdles 0.840m – 13.00 – 8.50	Prelim	Women	U20 (12) – Open (0)
9:55	60m Hurdles 0.840m – 13.00 – 8.50	Prelim	Boys	U16 (3)
10:10	60m Hurdles 0.914m – 13.72 – 9.14	Prelim	Men	U18 (5)
10:10	60m Hurdles 1.067m – 13.72 – 9.14	Prelim	Men	Open (2)
10:20	60m Hurdles 0.990m – 13.72 – 9.14	Prelim	Men	U20 (9)
10:30	50m	Prelim	Women & Men	U12 (2) – Masters (35)
10:50	50m	Final	Women & Men	U12 (2) – Masters (35)
11:15	4x400m	*Timed Final	Women	U18 (6)
11:25	4x400m	*Timed Final	Women	U20 (3) – Open (0)
11:35	4x400m	*Timed Final	Men	U18 (2)
11:40	4x400m	*Timed Final	Men	U20 (3) – Open (1)
11:45 – 12:00	4x400m Medal Presentations			
	Afternoon Straight			
12:45	60m Hurdles 1.067m – 13.72 – 9.14	Final	Men	Open
12:45	60m Hurdles 0.914m – 13.72 – 9.14	Final	Men	U18
12:50	60m Hurdles 0.990m – 13.72 – 9.14	Final	Men	U20
1:00	60m Hurdles 0.840m – 13.00 – 8.50	Final	Men	U16
1:05	60m Hurdles 0.840m – 13.00 – 8.50	Final	Women	Open – U20
1:10	60m Hurdles 0.762m – 13.00 – 8.50	Final	Women	U18
1:20	60m Hurdles 0.762m – 12.00 – 8.00	Final	Women	U16
1:25	60m Hurdles 0.762m – 12.00 – 7.50	Final	Girls & Boys	U14 Girls – U14 Boys
	Afternoon Oval			
1:15	1500m RW	Timed Final	Women & Men	U16 – U18 – U20 – Open – Masters (11)
1:30	1500m	Timed Final	Women & Men	Masters (19)
1:45	150m	Timed Final	Girls & Boys	U12 & U14 (19)
1:55	150m	Timed Final	Women & Men	Masters (31)
2:10	600m	Timed Final	Women – Men	U12 (7) – Masters (13)
2:20	800m	Timed Final	Women	All Ages (53)
2:45	800m	Timed Final	Men	All Ages (56)
3:10	3000m & 5000m	Timed Final	Women & Men	Open (2) & Masters (17)
3:30	300m	Timed Final	Women & Men	Masters (14)
TBD	4x200m	*Timed Final	Women & Men	Masters

*Relay cards for the 4x400m are due 1 hour prior to each scheduled start time. Relay cards for the Masters 4x200m **must** be submitted no later than 2:00pm.



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Field	Throws	Vertical Jumps	Verticals	Horizontals	Horizontals
8:00	Warmup				
8:15					
8:30	Women & Men		Warmup		
8:45	U20 (3) & Masters (8)				
9:00	Weight Throw		Women		
9:15	8:30		U18, U20, Open, Masters		
9:30		Warmup	High Jump (12)	Warmup	
9:45	Warmup		9:00		
10:00				Women & Men	Warmup
10:15	Women & Men			U20 (10)	
10:30	U20 (3) & Masters (7)	Flight 1	Warmup	Long Jump	Women
10:45	Shot Put	Seeds 3.49 and lower		10:00	U16, U18
11:00	10:15	Women & Men	Men	Warmup	Triple Jump (13)
11:15		All Ages (10)	U18, U20, Open, Masters		10:30
11:30		Pole Vault	High Jump (13)	Women & Men	
11:45		10:30	11:00	Open, Masters (9)	
12:00				Long Jump	
12:15				11:30	
12:30		Warmup			
12:45					Warmup
1:00					
1:15					
1:30		Flight 2		Warmup	Men
1:45		Seeds 3.50 and up			U16, U18
2:00		Women & Men			Triple Jump (9)
2:15		All Ages (15)		Women & Men	1:15
2:30		Pole Vault		U20, Open, Masters	
2:45		1:30		Triple Jump (7)	
3:00				2:00	