



Ontario Indoor Youth-Senior Championships & Jr. Women 3000m Walk & Jr & Sr Men 5000m Walk Championships & Relays for Bantam, Midget & Juniors Incorporating the Ontario vs Quebec Midget Dual Meet

FINAL Schedule – Day 1 – Saturday, February 14, 2015					
Track	Time	Event	Check-in Window	Age Group	Sections/Heats
	10:00	5000m Walk	8:30 – 9:30	JM, SM	1
	10:40	3000m Walk	9:10 – 10:10	JW, SW	1
	11:05	Sprint Medley Relay	9:35 – 10:35	MG – JW – JM	1 MG-JW + 1JM
	11:05	60m Hurdles		ON vs QC (MG – MB)	1 + 1
	11:15	1500m Walk		ON vs QC (MG – MB)	1 + 1
	11:30	Medal Presentations 5000m/3000m Walks & Sprint Medley Relay			
	11:35	2000m		ON vs QC (MG – MB)	1 + 1
	11:55	300m		ON vs QC (MG – MB)	2 + 2
	12:10	2000m Steeplechase	10:40 – 11:40	Exhibition OM (91cm) OW (76cm)	1 + 1
	12:30	60m Heats	11:00 – 12:00	YG – YB	7 + 5
	1:00	60m		ON vs QC (MG – MB)	1 + 1
Lunch	1:05 – 2:05				
	2:05	800m		ON vs QC (MG – MB)	1 + 1
	2:20	4x200m		ON vs QC (MG – MB)	1 + 1
	2:30	4x200m	1:00 – 2:00	MG – JW – MB - JM	1 MG-JW + 1JW + 1MB-JM + 1JM
	2:50	60m Semi-Finals	Not required	YG – YB	3 + 3
	2:50	60m Semi-Finals	1:20 – 2:20	SW – SM	2 + 3
	3:15	400m	1:45 – 2:45	YG – YB	9 + 6
	4:00	400m	2:30 – 3:30	SW – SM	3 + 4
	4:20	60m Finals	Not required	YG – YB – SW – SM	1 + 1 + 1 + 1
	4:30	Medal Presentations 400m All age groups			
	4:30	1500m	3:00 – 4:00	YG-YB	4 + 3
	4:45	Medal Presentations 60m All age groups			
	5:25	1500m	3:55 – 4:55	SW – SM	1 + 2
	5:35	Medal Presentations YG + YB 1500m			
	6:00	Medal Presentations SW + SM 1500m			
Field					
	Time	Event	Age Group		No. of Entrants
	9:00	Weight (warm-ups at 8:30)	ON vs QC (MG – MB)		5 + 4
	10:15	Long Jump	ON vs QC (MG – MB)		7 + 6
	10:45	Pole Vault	ON vs QC (MB)		3
	11:00	Shot Put	ON vs QC (MG – MB)		6 + 8
	11:00	High Jump	ON vs QC (MG)		7
	11:45	Triple Jump	ON vs QC (MG – MB)		6 + 6
	12:00	Pole Vault	ON vs QC (MG)		5
	12:30	High Jump	ON vs QC (MB)		6
	2:15	Triple Jump	YB – SM		2 + 3
	2:30	High Jump	YG		8
	2:30	Pole Vault	SW		2
	2:30	Shot Put	YG – SW		7 + 5
	3:30	Triple Jump	YG – SW		8 + 6
	3:30	Pole Vault	YG		10
	4:00	High Jump	SW		4
	4:00	Shot Put	YB – SM		6 + 1
	*6:00	Weight Throw	YG – YB – SW – SM		2 + 3 + 6 + 0

*Warm-up throws begin as soon as 1500m races have concluded.



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FINAL Schedule – Day 2 – Sunday, February 15, 2015				
Track	Event	Check-in Window	Age Group	Sections/Heats
10:00	3000m	8:30 – 9:30	YG - YB	2 + 2
10:45	3000m	9:15 – 10:15	SW - SM	1 + 1
11:00	Medal Presentations – YG + YB 3000m			
11:05	4x800m	9:35 – 10:35	(BG – MG) – JW – (BB – MB) – JM	1 + 1 + 1 + 1
11:30	Medal Presentations – SW + SM 3000m			
11:45	60m Hurdles Semi-Finals	10:15 – 11:15	YG – SW * – YB – SM *	3 + 1 + 2 + 1
12:20	800m	10:50 – 11:50	YG – YB	7 + 8
Lunch	1:30 – 2:15			
1:30	Medal Presentations YG + YB 800m			
2:15	60m Hurdles Finals	Not required	YG – SW – YB - SM	1 + 1 + 1 + 1
2:35	4x400m	1:05 – 2:05	JW - JM	1 + 1
2:45	800m	1:15 – 2:15	SW- SM	2 + 2
2:45	Medal Presentations 60m Hurdles – All age groups			
3:05	200m	1:35 – 2:35	YG - YB	17 + 11
3:15	Medal Presentations SW + SM 800m			
4:05	200m	2:35 – 3:35	SW - SM	4 + 6
4:15	Medal Presentations YG + YB 200m			
4:30	Medal Presentations SW + SM 200m			
Time	Event	Age Group	No. of Entrants	
9:30	Long Jump	YG	21	
10:00	High Jump	YB	4	
10:00	Pole Vault	YB	8	
11:30	Long Jump	SM	4	
Lunch				
	High Jump	SM	0 - cancelled	
1:30	Long Jump	YB	10	
2:00	Pole Vault	SM	5	
3:00	Long Jump	SW	5	

* Optional run in lieu of heats. Finals at 2:15