



Track	Tentative Schedule – Day 1 – Saturday February 13, 2016			
	Events on straightaway and oval will be run concurrently. Sections will run from FAST to SLOW			
Time	Straightaway Event	Oval Event	Check-In Window	Age Group
10:00		5000m Walk	8:30 – 9:30	JM, SM
10:45		3000m Walk	9:10 – 10:10	JW, SW
11:05		Sprint Medley Relay	9:35 – 10:35	MG, JW, JM
11:05	60m Hurdles			ON vs QC (MG – MB)
11:15		1500m Walk		ON vs QC (MG – MB)
11:30	Medal Presentations 5000m/3000m Walks & Sprint Medley Relay			
11:35		2000m		ON vs QC (MG – MB)
11:55		300m		ON vs QC (MG – MB)
12:10		2000m Steeplechase	10:40 – 11:40	Exhibition OM (91cm) OW (76cm)
12:30	60m Heats		11:00 – 12:00	YG, YB
1:00	60m			ON vs QC (MG – MB)
Lunch	1:05 – 2:05			
2:05		800m		ON vs QC (MG – MB)
2:20		4x200m		ON vs QC (MG – MB)
2:30		4x200m	1:00 – 2:00	MG, JW, MB, JM
2:50	60m Semi-Finals		Not Required	YG, YB
2:50	60m Semi-Finals		1:20 – 2:20	SW, SM
3:15		400m	1:45 – 2:45	YG, YB
4:00		400m	2:30 – 3:30	SW, SM, Para All
4:20	60m Finals		Not Required	YG, YB, SW, SM
4:30	Medal Presentations 400m All Age Groups			
4:30		1500m	3:00 – 4:00	YG, YB
4:45	Medal Presentations 60m All Age Groups			
5:25		1500m	3:55 – 4:55	SW, SM
5:35	Medal Presentations 1500m YG, YB, SW and SM			
Field	Tentative Schedule – Day 1 – Saturday February 13, 2016			
Time	Event	Age Group		
9:00	Weight Throw (Warm-Ups at 8:30)	ON vs QC (MG – MB)		
10:15	Long Jump	ON vs QC (MG – MB)		
10:45	Pole Vault	ON vs QC (MB)		
11:00	Shot Put	ON vs QC (MG – MB)		
11:00	High Jump	ON vs QC (MG)		
11:45	Triple Jump	ON vs QC (MG – MB)		
12:00	Pole Vault	ON vs QC (MG)		
12:30	High Jump	ON vs QC (MB)		
Lunch				
1:45	Shot Put	Para All		
2:15	Triple Jump	YB, SM		
2:30	High Jump	YG		
2:30	Pole Vault	SW		
2:30	Shot Put	YG, SW		
3:30	Triple Jump	YG, SW		
3:30	Pole Vault	YG		
4:00	High Jump	SW		
4:00	Shot Put	YB, SM		
6:00*	Weight Throw	YG, YB, SW, SM		

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



Track	Tentative Schedule – Day 2 – Sunday February 14, 2016			
	Events on straightaway and oval will be run concurrently. Sections will run from FAST to SLOW			
Time	Straightaway Event	Oval Event	Check-In Window	Age Group
10:00		3000m	8:30 – 9:30	YG, YB
10:45		3000m	9:15 – 10:15	SW, SM
11:00	Medal Presentations 3000m YG and YB			
11:05		4x800m	9:35 – 10:35	BG, BB, MG, MB, JW, JM
11:30	Medal Presentations 3000m SW and SM			
11:45	60mH Semi-Finals		10:15 – 11:15	YG, SW, YB, SM
12:20		800m	10:50 – 11:50	YG, YB
Lunch	1:30 – 2:15			
1:30	Medal Presentations 800m YG and YB			
2:15	60mH Finals		Not Required	YG, SW, YB, SM
2:35		4x400m	1:05 – 2:05	JW, JM
2:45		800m	1:15 – 2:15	SW, SM
2:45	Medal Presentations 60mH All Age Groups			
2:50		200m		Para All
3:05		200m	1:35 – 2:35	YG, YB
3:15	Medal Presentations 800m SW and SM			
4:05		200m	2:35 – 3:35	SW, SM
4:15	Medal Presentations 200m YG and YB			
4:30	Medal Presentations 200m SW and SM			
Field	Tentative Schedule – Day 2 – Sunday February 14, 2016			
Time	Event	Age Group		
9:30	Long Jump	YG		
10:00	High Jump	YB		
10:00	Pole Vault	YB		
11:30	Long Jump	SM		
Lunch				
1:15	High Jump	SM		
1:30	Long Jump	YB		
2:00	Pole Vault	SM		
3:00	Long Jump	SW		

Check-In Procedure:

The standard check-in procedure used at Athletics Ontario Championships will be in use at this meet. Athletes entered in track events must check in at the designated check-in area separately for each event no sooner than 90 minutes and no later than 30 minutes prior to the scheduled or re-scheduled start time of the race.

Athletes entered in field events must check in at their event site before the start of the first trial for any competitor in the event.

Athletes who fail to check-in as required will not be allowed to compete in the event. Please allow extra time for bad weather, traffic problems, etc. Picking up bib numbers does not constitute a check-in.