

2013 OFSAA Track & Field Schedule

Day 1 - Thursday June 6, 2013

3:00	OG 1500 m Steeplechase (HEATS) OB 2000 m Steeplechase (HEATS)	3:00	JG Triple Jump JB Long Jump SG Discus SB Javelin
		3:30	MG High Jump MB Pole Vault
3:45	400 m (HEATS) (MG, MB, JG, JB, SG, SB)		
5:00	1500 m (HEATS) (MG, MB, JG, JB, SG, SB)		
		5:30	JG Shot Put JB Discus SG Long Jump SB Triple Jump
6:30	4 x 100 m Relay (HEATS) (MG, MB, JG, JB, SG, SB)		

Day 2 - Friday June 7, 2013

		9:15	JB Pole Vault
9:30	Sprint Hurdles (HEATS) (MG, JG, SG, MB, JB, SB)	9:30	MG Long Jump MB Javelin JG High Jump SG Shot Put SB Discus
11:00	100 m (HEATS) (MG, MB, JG, JB, SG, SB)		
		1:00	SG Pole Vault
1:30	Opening Ceremonies	1:30	MG Discus MB Triple Jump JG Javelin JB Shot Put SB High Jump
2:00	OG 1500 m Steeplechase (FINAL) OB 2000 m Steeplechase (FINAL)		
2:30	Sprint Hurdles (FINALS) (MG, JG, SG, MB, JB, SB)		
3:00	100 m (FINALS) (MG, MB, JG, JB, SG, SB, VIG, VIB, AmbG, AmbB, IDG, IDB)		
3:45	400 m (FINALS) (MG, MB, JG, JB, SG, SB, WCG, WCB)		

2013 OFSAA Track & Field Schedule

4:30	1500 m (FINALS) (MG, MB, JG, JB, SG, SB)	4:30	MG Pole Vault MB Shot Put JG Long Jump JB Triple Jump
5:15	4 x 100 m Relay (FINALS) (SG, SB, JG, JB, MG, MB)		
6:00	4 x 400 m Relays (HEATS) (OG, OB)		

Day 3 - Saturday June 8, 2013

9:00	Intermediate Hurdles (HEATS) (MG, JG, SG, MB, JB, SB)	9:00	MG Shot Put MB High Jump JB Javelin SG Triple Jump SB Long Jump
		9:30	JG Pole Vault
10:30	800 m (HEATS) (SG, SB, JG, JB, MG, MB)		
12:00	200 m (HEATS) (SG, SB, JG, JB, MG, MB)	12:00	MG Triple Jump MB Discus JB High Jump SG Javelin SB Shot Put
1:30	Intermediate Hurdles (FINALS) (MG, JG, SG, MB, JB, SB)	1:30	SB Pole Vault
2:00	3000 m (FINALS) (SG, SB)		
2:30	800 m (FINALS) (SG, SB, JG, JB, MG, MB, VIG, VIB, AmbG, AmbB)	2:30	MG Javelin MB Long Jump JG Discus SG High Jump
3:30	3000 m (FINALS) (JG, JB)		
4:00	200 m (FINALS) (SG, SB, JG, JB, MG, MB, WCG, WCB)		
4:40	3000 m (FINALS) (MG, MB)		
5:10	4 x 400 m Relays (FINALS) (OG, OB)		
5:30	Awards Presentations		

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Field Events (by event)						
Event	Girls			Boys		
	MG	JG	SG	MB	JB	SB
High Jump	Thursday 3:30 pm	Friday 9:30 am	Saturday 2:30 pm	Saturday 9:00 am	Saturday 12:00 pm	Friday 1:30 pm
Pole Vault	Friday 4:30 pm	Saturday 9:30 am	Friday 1:00 pm	Thursday 3:30 pm	Friday 9:15 am	Saturday 1:30 pm
Long Jump	Friday 9:30 am	Friday 4:30 pm	Thursday 5:30 pm	Saturday 2:30 pm	Thursday 3:00 pm	Saturday 9:00 am
Triple Jump	Saturday 12:00 pm	Thursday 3:00 pm	Saturday 9:00 am	Friday 1:30 pm	Friday 4:30 pm	Thursday 5:30 pm
Shot Put	Saturday 9:00 am	Thursday 5:30 pm	Friday 9:30 am	Friday 4:30 pm	Friday 1:30 pm	Saturday 12:00 pm
Discus	Friday 1:30 pm	Saturday 2:30 pm	Thursday 3:00 pm	Saturday 12:00 pm	Thursday 5:30 pm	Friday 9:30 am
Javelin	Saturday 2:30 pm	Friday 1:30 pm	Saturday 12:00 pm	Friday 9:30 am	Saturday 9:00 am	Thursday 3:00 pm

Field Events (by time)						
Event	Girls			Boys		
	MG	JG	SG	MB	JB	SB
Thursday 3:00 / 3:30 pm	High Jump	Triple Jump	Discus	Pole Vault	Long Jump	Javelin
Thursday 5:30 pm		Shot Put	Long Jump		Discus	Triple Jump
Friday 9:15 / 9:30 am	Long Jump	High Jump	Shot Put	Javelin	Pole Vault	Discus
Friday 1:00 / 1:30 pm	Discus	Javelin	Pole Vault	Triple Jump	Shot Put	High Jump
Friday 4:30 pm	Pole Vault	Long Jump		Shot Put	Triple Jump	
Saturday 9:00 / 9:30 am	Shot Put	Pole Vault	Triple Jump	High Jump	Javelin	Long Jump
Saturday 12:00 pm	Triple Jump		Javelin	Discus	High Jump	Shot Put
Saturday 1:30 / 2:30 pm	Javelin	Discus	High Jump	Long Jump		Pole Vault