



OFSAA TRACK & FIELD



DAY 1 Thursday June 7th, 2018

Track				Field		
TIME	EVENT	AGE	HEAT/FINAL	Time	Event	AGE
3:00	Steeplechase 1500m 2000m	OG OB	HEATS	3:00	LONG JUMP TRIPLE JUMP HIGH JUMP POLE VAULT	MG JG SG MB
3:45	400m	MG MB JG JB SG SB	HEATS			
5:00	1500m	MG MB JG JB SG SB	HEATS	3:30	SHOT PUT DISCUS ** JAVELIN	MB JB SB
6:30	4x100m RELAY	MG MB JG JB SG SB	HEATS			

DAY 2 FRIDAY JUNE 8th, 2018

TIME	EVENT	AGE	HEAT/FINAL	TIME	EVENT	AGE
9:00	Sprint Hurdles	MG JG SG MB JB SB	HEATS	9:00	Shot Put Discus** Javelin Pole Vault	MG JG SG MG
10:30	100m	IDG IDB only; rest of para categories go directly to final* MG MB JG JB SG SB	HEATS			
1:00	Opening ceremonies			9:30	Long Jump Triple Jump High Jump	MB JB SB
1:30	Steeplechase 1500m 2000m	OG OB	FINALS	12:00	High Jump Long Jump Triple Jump Javelin **	MG JG SG MB
2:00	Sprint Hurdles	MG JG SG MB JB SB	FINALS			
2:30	400	MG MB JG JB SG SB	FINALS	12:30	Pole Vault Shot Put Discus	JB JB SB
3:15	100m	*VIG VIB AMBG AMBB IDG IDB MG MB JG JB SG SB	FINALS			
4:00	1500m	MG MB JG JB SG SB	FINALS	3:00	Javelin ** Shot Put Discus High Jump	MG JG SG MB
4:45	4 x 100m Relay	SG SB JG JB MG MB	FINALS			
5:15	4 x 400m Relay	OG OB	HEATS	3:30	Long Jump Pole Vault Triple Jump	JB JG SB

** Events will be held at the Metro Track Centre across the street from the PAN AM Stadium.



OFSAA TRACK & FIELD



DAY 3 SATURDAY JUNE 9 TH , 2018						
TIME	EVENT	AGE	HEAT/FINAL	TIME	EVENT	AGE
9:00	Intermediate Hurdles	MG JG SG MB JB SB	HEATS	9:00	Triple Jump	MG
10:30	800m	IDB only; rest of para categories go directly to final* SG SB JG JB MG MB	HEATS		High Jump	JG
12:00	200m	SG SB JG JB MG MB	HEATS		Long Jump	SG
1:30	Intermediate Hurdles	MG JG SG MB JB SB	FINALS	9:30	Pole Vault	SB
2:00	3000m	SG SB	FINALS		Discus**	MB
2:30	800	*VIG VIB AMBG AMBB IDG IDB SG SB JG JB MG MB	FINALS		Javelin	JB
3:15	3000m	JG JB	FINALS		Shot Put	SB
3:45	200m	WCG WCB SG SB JG JB MG MB	FINALS	12:00	Shot Put	VIG VIB AMBG AMBB
4:15	3000m	MG MB	FINALS	1:00	Discus **	MG
4:45	4 x 400m Relay	OG OB	FINALS		Javelin	JG
5:00	Awards Presentation				Shot Put	SG
					Triple Jump	MB

** Events will be held at the Metro Track Centre across the street from the PAN AM Stadium.