

## Cross Country

**Monday July 15th, 2019**

Cross Country Course, Douglas Park, Canada Games Athletic Complex

12:00pm - 2km – Bantam – Men and Women

12:40pm - 3km – Mid Women & Youth Women & Mid Men

1:20pm – 4km – Youth Men & Junior Women

2:05pm – 5km – Junior Men

## Track & Field Schedule

**TUESDAY July 16th, 2019**

If fewer than 8 competitors, final will be run at the heat time.

### Track Events

### Field Events

12:30	80m	Ban W	Prelim	12:30	Long Jump	Mid Women
12:45	80m	Ban M	Prelim	12:30	Javelin	Women You & Junior
1:00	100m	Mid W	Prelim	12:30	High Jump	Junior Men
1:15	100m	Mid M	Prelim	12:45	Shot Put	Ban Women
1:30	100m	Junior W	Prelim			
1:45	100m	Junior M	Prelim			
2:00	100m	Youth W	Prelim			
2:15	100m	Youth M	Prelim			
3:00pm	2000m	Mid W	T Final	2:00	Shot Put	Mid Women
3:20pm	2000m	Mid M	T Final	2:00	Javelin	Mid Men
3:40pm	3000m	You W	T Final	2:00	Long Jump	Youth & JR Women
4:00pm	3000m	You M	T Final			
4:20pm	3000m	Jun W	T Final	2:30	High Jump	JR Women
4:40pm	3000m	Jun M	T Final	3:00	Shot Put	JR Men
				3:00	Long Jump	Mid Men
				3:00	Javelin	Mid Women
5:00	80m	Ban W	Final	4:00	Shot Put	You Women
5:05	80m	Ban M	Final	4:00	High Jump	You Men
5:10	100m	JR W	Final	4:00	Javelin	JR Men
5:15	100m	JR M	Final	4:00	Triple Jump	Mid Women
5:20	100m	You W	Final			
5:25	100m	You M	Final	5:00	Shot Put	Ban Men
5:30	100m	Mid W	Final	5:00	Javelin	You Men
5:35	100m	Mid M	Final	5:00	Triple Jump	JR Men

## Track & Field Schedule

**Wednesday July 17th, 2019**

If fewer than 8 competitors, final will be run at the heat time.

### Track Events

### Field Events

9:00	200m	Mid W	Prelim	9:00	Discus	you & Jr Women
9:15	200m	Mid M	Prelim	9:00	High Jump	Mid Men
9:30	200m	You W	Prelim	9:00	Long Jump	Ban Women
9:45	200m	You M	Prelim	9:00	Shot Put	You Men
10:00	200m	JR W	Prelim			
10:15	200m	JR M	Prelim			
10:30	150m	Ban W	Prelim			
10:45	150m	Ban M	Prelim			
				10:00	Discus	Mid Women
				10:30	Shot Put	JR Women
				10:30	Long Jump	You Men
11:00am	800m	Mid W	T Final			
11:15am	800m	You Men	T Final	10:30	High Jump	You Women
11:30am	800m	JR W	T Final			
11:45pm	800m	You W	T Final	11:00	Javelin	Ban Men
12:00pm	800m	JR M	T Final	11:00	Discus	Mid Men
12:15pm	800m	Mid M	T Final	11:30	Long Jump	JR Men
12:30pm	800m	Ban W	T Final			
12:45pm	800m	Ban M	T Final			
				2:00	High Jump	Ban Men
2:40	200m	JR W	Final	2:00	Discus	Ban Women
2:45	200m	JR M	Final	2:00	Shot Put	Mid Men
2:50	200m	You W	Final	2:30	Triple Jump	You Men
2:55	200m	You M	Final			
3:00	200m	Mid W	Final	3:00	Javelin	Ban Women
3:05	200m	Mid M	Final	3:00	Discus	JR Men
3:10	150m	Ban M	Final			
3:15	150m	Ban W	Final			
3:30	1500m	JR W	T Final	4:00	High Jump	Mid Women
3:50	1500m	JR M	T Final			
4:10	1500m	You W	T Final	4:00	Triple Jump	Mid Men
4:30	1500m	You M	T Final	4:00	Discus	Ban Men
4:50	1200m	Mid W	T Final			
5:05	1200m	Mid M	T Final			

**Track & Field Schedule**  
**Thursday July 18th, 2019**

**Track Events**

**Field Events**

9:00	300m	Mid W	T Final	9:00	Long Jump	Ban Men
9:20	300m	Mid M	T Final	9:00	Discus	You Men
9:40	400m	You W	T Final	9:00	High Jump	Ban Women
10:00	400m	You M	T Final			
10:20	400m	JR W	T Final			
10:40	400m	JR M	T Final	10:30	Triple Jump	You & JRW
11:15	4x100R	Ban W	T Final			
	4x100R	Ban M	T Final			
	4x100R	Mid W	T Final			
	4x100R	Mid M	T Final			
	4x100R	You W	T Final			
	4x100R	You M	T Final			
	4x100R	Mixed	T Final			

Relays will  
run back to  
back -  
times not  
necessarily  
followed