Advancements - Junior - Championship Round

2016 Canadian Track and Field Championships
Championnat canadien d'athletisme
Edmonton, AB

Men				EVENT	Women			
Final Qual	Semi Final		Athletes		Athletes	Semi Final		Final Qual
	Qual.	Heats				Heats	Qual	
8	2+2	3	24	100m	23	3	2+2	8
8	2+2	3	24	200m	24	3	2+2	8
8	2+2	3	24	400m	24	3	2+2	8
8	2+2	3	24	800m	24	3	2+2	8
12	4+4	2	24	1,500m	24	2	4+4	12
				3000m	17	Final - 1 section		
Final - 1 section			18	5000m	7	Final - 1 section		
				100mH	18	3	2+2	8
8	3+2	2	14	110mH				
8	3+2	2	15	400mH	22	3	2+2	8
Final - 1 section			11	3000mSC	15	Final - 1 section		
Final - 1 mixed section			4	10,000mRW	1	Final - 1 mixed section		
Progressions								
1.80 - 1.85 - 1.90 - 1.95 - 1.98 - 2.01 - 2.04 - and up by 3 cm			12	High Jump	10	1.50 - 1.55 - 1.60 - 1.65 - 1.68 - 1.71 - 1.74 - and up by 3		
3.00 - 3.30 - 3.60 - 3.90 - 4.10 - 4.30 - 4.50 - 4.60 - 4.70 - 4.75 - and up by 5 cm			9	Pole Vault	12	3.00 - 3.15 - 3.25 - 3.35 - 3.45 - 3.55 - 3.65 - 3.70 - 3.75 - and up by 5 cm		
Final (Top 8 Canadians get 3 final jumps)			12	Long Jump	17	Final (Top 8 Canadians get 3 final jumps)		
Final (Top 8 Canadians get 3 final jumps)			4	Triple Jump	12	Final (Top 8 Canadians get 3 final jumps)		
Final (Top 8 Canadians get 3 final throws)			12	Shot Put	10	Final (Top 8 Canadians get 3 final throws)		
Final (Top 8 Canadians get 3 final throws)			12	Discus	12	Final (Top 8 Canadians get 3 final throws)		
Final (Top 8 Canadians get 3 final throws)			18	Hammer	12	Final (Top 8 Canadians get 3 final throws)		
Final (Top 8 Canadians get 3 final throws)			7	Javelin	6	Final (Top 8 Canadians get 3 final throws)		

* Up to 2 Non-Cdns can be added to Final (if they are in the Top 8 after the first three throws)