



**Advancements - Senior - Championship Round**  
**2016 Canadian Olympic Trials**  
**Championnat canadien d'athletisme**  
**Edmonton, AB**

<b>Men</b>				<b>EVENT</b>	<b>Women</b>			
Final Qual	Semi Final		Athletes		Athletes	Semi Final		Final Qual
	Qual.	Heats				Heats	Qual	
8	2+2	3	24	100m	24	3	2+2	8
8	2+2	3	24	200m	24	3	2+2	8
8	2+2	3	24	400m	23	3	2+2	8
8	2+2	3	24	800m	30	3	2+2	8
12	4+4	2	24	1,500m	24	2	4+4	12
Timed Finals - 2 sections			26	5000m	17	Final - 1 section		
				100mH	19	3	2+2	8
8	2+2	3	17	110mH				
8	3+2	2	14	400mH	13	2	3+2	8
Final - 1 section			15	3000mSC	9	Final - 1 section		
Final - 1 mixed section			6	10,000mRW	6	Final - 1 mixed section		
<b>Progressions</b>					<b>Progressions</b>			
1.93 - 1.98 - 2.03 - 2.08 - 2.13 - 2.18 - 2.23 - 2.26 - 2.29 - and up by 3 cm			12	High Jump	8	1.60 - 1.65 - 1.70 - 1.75 - 1.78 - 1.81 - 1.84 - 1.87 - 1.90 - 1.93 - and up by 2cm		
4.00 - 4.20 - 4.40 - 4.55 - 4.70 - 4.85 - 5.00 - 5.10 - 5.20 - 5.30 - 5.40 - and up by 5 cm			12	Pole Vault	13	3.55 - 3.70 - 3.85 - 4.00 - 4.10 - 4.20 - 4.30 - and up by 5 cm		
Final (Top 8 Canadians get 3 final jumps)			12	Long Jump	11	Final (Top 8 Canadians get 3 final jumps)		
Final (Top 8 Canadians get 3 final jumps)			12	Triple Jump	6	Final (Top 8 Canadians get 3 final jumps)		
Final (Top 8 Canadians get 3 final throws)			8	Shot Put	12	Final (Top 8 Canadians get 3 final throws)		
Final (Top 8 Canadians get 3 final throws)			10	Discus	11	Final (Top 8 Canadians get 3 final throws)		
Final (Top 8 Canadians get 3 final throws)			10	Hammer	13	Final (Top 8 Canadians get 3 final throws)		
Final (Top 8 Canadians get 3 final throws)			11	Javelin	10	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)