



Saturday Feb 18

TRACK		heats		FIELD		#s	
9:00	60m Hurdles - PENTATHLON	Youth, Junior	Men	10:00	Long Jump - PENTATHLON	Youth, Junior	Men
9:15	60m Hurdles - PENTATHLON	Youth, Junior	Women	10:45	High Jump - PENTATHLON (B)	Youth, Junior	Women
9:30	60m Hurdles HEATS	Youth	Women	10:45	High Jump FINAL (A)	Youth, Junior	Women
9:45	3000m Racewalk FINAL	Youth, Junior	M/W	11:00	Long Jump FINAL	Youth, Junior	Men
10:15	200m Timed FINAL	Youth	Women	11:15	Shot Put - PENTATHLON	Youth, Junior	Men
10:50	200m Timed FINAL	Junior	Women	12:15	Shot Put FINAL	Youth, Junior	Women
11:10	200m Timed FINAL	Youth	Men	13:30	High Jump - PENTATHLON (A)	Youth, Junior	Men
11:50	200m Timed FINAL	Junior	Men	13:30	Triple Jump FINAL	Youth, Junior	Women
<b>TRACK BREAK</b>				13:45	Shot Put - PENTATHLON	Youth, Junior	Women
14:00	3000m Timed FINAL	Youth, Junior	Women	15:00	Pole Vault FINAL	Youth, Junior	Men
14:15	3000m Timed FINAL	Youth, Junior	Men	15:30	Long Jump - PENTATHLON	Youth, Junior	Women
14:30	800m Timed FINAL	Youth	Women	<b>13:00 MEDAL CEREMONIES</b> <b>17:00 MEDAL CEREMONIES</b>			
14:45	800m Timed FINAL	Junior	Women				
15:00	800m Timed FINAL	Youth	Men				
15:15	800m Timed FINAL	Junior	Men				
15:45	60m Hurdles FINAL	Junior	Men				
15:55	60m Hurdles FINAL	Youth	Men				
16:05	60m Hurdles FINAL	Junior	Women				
16:15	60m Hurdles FINAL	Youth	Women				
16:30	1000m - PENTATHLON	Youth, Junior	Men				
16:45	800m - PENTATHLON	Youth, Junior	Women				
17:00	Community events						
18:30	Grand Prix d'athlétisme de Montréal - detailed schedule on right (includes Youth / Junior Championship relays)						

Sunday Feb 19

TRACK		heats		FIELD		#s	
11:15	60m Heats	Youth	Women	8:30	Weight Throw FINAL	Youth, Junior	Women
11:35	60m Heats	Junior	Women	9:00	High Jump FINAL	Youth, Junior	Men
11:45	60m Heats	Youth	Men	9:45	Weight Throw FINAL	Youth, Junior	Men
12:00	60m Heats	Junior	Men	11:00	Long Jump FINAL	Youth, Junior	Women
12:15	400m TIMED FINALS	Youth	Women	12:30	Pole Vault FINAL	Youth, Junior	Women
12:45	400m TIMED FINALS	Junior	Women	12:45	Shot Put FINAL	Youth, Junior	Men
13:00	400m TIMED FINALS	Youth	Men	14:15	Triple Jump FINAL	Youth, Junior	Men
13:30	400m TIMED FINALS	Junior	Men	<b>12:30 MEDAL CEREMONIES</b> <b>15:30 MEDAL CEREMONIES</b>			
13:50	60m FINAL	Youth	Women				
13:55	60m FINAL	Junior	Women				
14:05	60m FINAL	Youth	Men				
14:10	60m FINAL	Junior	Men				
14:20	1500m Timed FINAL	Youth	Women				
14:30	1500m Timed FINAL	Junior	Women				
14:40	1500m Timed FINAL	Youth	Men				
14:50	1500m Timed FINAL	Junior	Men				

Saturday Feb 18

18:30	60m hurdles	National	Women
18:35	60m hurdles	International	Women
18:45	60m hurdles	International	Men
18:45	Pole vault	International	Women
18:55	60m	Masters	Men
19:00	60m	National	Women
19:05	60m	National	Men
19:10	60m - Prelim	International	Women
19:15	60m - Prelim	International	Men
19:20	800m	Masters	Men
19:25	1000m	National	Women
19:33	1000m	National	Men
19:40	200m	Paralympic	Women
19:50	4x200m	Youth	W / M
19:55	Shot put	International	Men
20:10	4x200m	Junior	W / M
20:30	400m	International	W
20:40	Mile Pursuit	International	W
20:50	60m hurdles	International	Women
21:00	60m hurdles	International	Men
21:10	60m	International	Women
21:20	60m	International	Men
21:30	1200m Pursuit	International	Men