

**CANADIAN U20 | SENIOR | PARA and COMBINED EVENTS TRACK & FIELD
CHAMPIONSHIPS**

DRAFT SCHEDULE – June 1, 2017

MONDAY, JULY 3, 2017

PARA-ATHLETICS IN RED

U20 IN GREEN

SENIOR IN BLACK

TIME	EVENT
TRACK EVENTS 10:00 AM – 6:00 PM	
10:00 am	U18/U20 Decathlon Men 100m
10:30 am	U18/U20 Heptathlon Women 100mH
12:00 – 4:00 PM	PARA-ATHLETICS TRAINING TIME
	U18/U20 Heptathlon Women 200m
	U18/U20 Decathlon Men 400m

FIELD EVENTS 11:00 AM – 5:00 PM

	U18/U20 Decathlon Men Long Jump
	U18/U20 Heptathlon Women High Jump
	U18/U20 Decathlon Men Shot Put
	U18/U20 Heptathlon Women Shot Put
	U18/U20 Decathlon Men High Jump

CANADIAN U20 | SENIOR | PARA and COMBINED EVENTS TRACK & FIELD CHAMPIONSHIPS

TUESDAY, JULY 4, 2017

TIME	EVENT
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TRACK EVENTS 9:30 AM – 1:30 PM

9:30 am	U18/U20 Decathlon Men 110mH
10:00 am	Senior Heptathlon Women 100mH
10:30 am	Senior Decathlon Men 100m
11:00 am	Para Wheelchair Men and Women 200m SF
11:30 am	Para Ambulatory Men and Women 200m
1:00 pm	Para Wheelchair Men and Women 200m FINAL

TRACK BREAK 1:30 PM – 4:00 PM

TRACK EVENTS 4:00 PM – 6:00 PM

4:00 pm	Para Wheelchair Men and Women 800m
4:15 pm	Para Ambulatory Men and Women 800m
	U18/U20 Heptathlon Women 800m
	Senior Heptathlon Women 200m
	U18/U20 Decathlon Men 1500m
	Senior Decathlon Men 400m
6:00 pm	Para Wheelchair 4 x 400m RELAY

FIELD EVENTS 10:00 AM – 7:00 PM

9:30 am/11:30am	Para Seated Men/Women Discus
10:30 am	U18/U20 Heptathlon Women Long Jump
	U18/U20 Decathlon Men Discus
	Senior Heptathlon Women High Jump
	Senior Decathlon Men Long Jump
1:00 pm	Para Ambulatory Men and Women Long Jump
1:00 pm	Para Ambulatory Women Discus
	U18/U20 Decathlon Men Pole Vault
	U18/U20 Heptathlon Women Javelin Throw
	Senior Decathlon Men Shot Put
1:30 pm/3:30 pm	Para Seated Men/Women Javelin
	Senior Heptathlon Women Shot Put
3:00 pm	Para Ambulatory Men Discus
	Senior Decathlon Men High Jump
	U18/U20 Decathlon Men Javelin

CANADIAN U20 | SENIOR | PARA and COMBINED EVENTS TRACK & FIELD CHAMPIONSHIPS

WEDNESDAY, JULY 5, 2017

TIME	EVENT
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TRACK EVENTS 10:00 AM – 1:00 PM

10:00 am	Senior Decathlon Men 110mH
11:00 am	Para Wheelchair Men and Women 100m SF
11:30 am	Para Ambulatory Men and Women 100m SF
12:00 pm	INVICTUS GAMES – 100m – EXHIBITION EVENT
12:30 pm	Para Wheelchair Men and Women 400m SF

TRACK BREAK 1:00 PM – 3:30 PM

TRACK EVENTS 4:00 PM – 7:00 PM

3:30 pm	INVICTUS GAMES – 200m – EXHIBITION EVENT
4:00 pm	Para Wheelchair Men and Women 100m FINAL
4:15 pm	Para Ambulatory Men and Women 100m FINAL
	Senior Heptathlon Women 800m
5:00 pm	Para Wheelchair Men and Women 1500m FINAL
5:30 pm	Para Ambulatory Men and Women 1500m FINAL
6:00 pm	Para Ambulatory Men and Women 400m FINAL
6:30 pm	Para Wheelchair Men and Women 400m FINAL
	Senior Decathlon Men 1500m

FIELD EVENTS 10:00 AM – 7:00 PM

9:30am/11:30 am	Para Seated Women/Men Shot Put
11:00 am	Senior Heptathlon Women Long Jump
11:00 am	Para Ambulatory Men and Women Javelin
	Senior Decathlon Men Discus
	Senior Heptathlon Women Javelin
	Senior Decathlon Men Pole Vault
4:00 pm	Para Seated Women/Men Club Throw
	Senior Decathlon Men Javelin
5:00 pm	Para Ambulatory Men and Women High Jump
5:30 pm	Para Ambulatory Men and Women Shot Put

CANADIAN U20 | SENIOR | PARA and COMBINED EVENTS TRACK & FIELD CHAMPIONSHIPS

THURSDAY, JULY 6, 2017

TIME	EVENT
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TRACK EVENTS 10:00 AM – 3:30 PM

10:00 am	Senior Men 400mH Qualifying
10:15 am	U20 Men 400mH Qualifying
10:30 am	Senior Women 400mH Qualifying
10:45 am	U20 Women 400mH Qualifying
11:00 am	U20 Women 200m Qualifying
11:15 am	U20 Men 200m Qualifying
11:30 am	Senior Women 200m Qualifying
11:45 am	Senior Men 200m Qualifying
12:00 pm	U20 Women 1500m Qualifying
12:15 pm	U20 Men 1500m Qualifying
12:40 pm	Senior Men 110mH Qualifying
12:50 pm	U20 Men 110mH Qualifying
1:00 pm	Senior Women 100mH Qualifying
1:10 pm	U20 Women 100mH Qualifying
1:30 pm	U20 Women 400m Qualifying
1:45 pm	U20 Men 400m Qualifying
2:00 pm	Senior Women 400m Qualifying
2:15 pm	Senior Men 400m Qualifying
2:30 pm	U20 Women 100m Qualifying
2:45 pm	U20 Men 100m Qualifying
3:00 pm	Senior Women 100m Qualifying
3:15 pm	Senior Men 100m Qualifying

TRACK BREAK WHEELCHAIR TRAINING TIME 3:30 – 6:30 PM

RUN OTTAWA DISTANCE NIGHT 7:00 PM – 9:30 PM

6:25 pm	MASTERS Women – 100m – EXHIBITION EVENT
6:30 pm	MASTERS Men – 100m – EXHIBITION EVENT
6:40 pm	MASTERS Women – 1500m – EXHIBITION EVENT
6:50 pm	MASTERS Men – 1500m – EXHIBITION EVENT
7:00 pm	Senior Women 800m Qualifying
7:15 pm	Senior Men 800m Qualifying
7:30 pm	U20 Women 3000m FINAL
7:55 pm	Senior Men 3000m Steeplechase FINAL
8:15 pm	Senior Women 3000m Steeplechase FINAL
8:35 pm	U20 Men 5000m FINAL
9:00 pm	Senior Men 5000m FINAL
9:20 pm	Senior Women 5000m FINAL

**CANADIAN U20 | SENIOR | PARA and COMBINED EVENTS TRACK & FIELD
CHAMPIONSHIPS**

THURSDAY, JULY 6, 2017

TIME	EVENT
FIELD EVENTS 10:00 AM – 2:00 PM	
10:00 am	U20/Senior Women Discus Qualifying
10:00 am	U20/Senior Women Long Jump Qualifying
10:00 pm	U20/Senior Men Javelin Qualifying
12:00 pm	U20/Senior Women High Jump Qualifying
12:00 pm	U20/Senior Men Discus Qualifying
12:00 pm	U20/Senior Men Long Jump Qualifying

FIELD BREAK 2:00 PM – 5:00 PM

FIELD EVENTS 5:00 PM – 9:00 PM

5:00 pm	U20/Senior Women Hammer Qualifying
5:00 pm	U20/Senior Men Shot Put Qualifying
5:30 pm	U20/Senior Women Pole Vault Qualifying
6:00 pm	U20/Senior Women Javelin Qualifying
6:30 pm	U20/Senior Men High Jump Qualifying
7:00 pm	U20/Senior Women Shot Put Qualifying
7:00 pm	U20/Senior Men Hammer Qualifying

**CANADIAN U20 | SENIOR | PARA and COMBINED EVENTS TRACK & FIELD
CHAMPIONSHIPS**

FRIDAY, JULY 7, 2017

TIME	EVENT
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TRACK EVENTS 11:00 AM – 2:00 PM

11:00 am	Senior Women 1500m Qualifying
11:20 am	Senior Men 1500m Qualifying
11:40 am	U20 Women 1500m Semi-Finals
12:00 pm	U20 Men 1500m Semi-Finals
12:20 pm	U20 Women 400m Semi-Finals
12:40 pm	U20 Men 400m Semi-Finals
1:00 pm	Senior Women 400m Semi-finals
1:20 pm	Senior Men 400m Semi-finals

TRACK BREAK 2:00 PM – 5:00 PM

TRACK EVENTS 5:30 – 9:00 PM

5:30 pm	U20 Women 100m Semi-Finals
5:45 pm	U20 Men 100m Semi-Finals
6:00 pm	Senior Women 100m Semi-finals
6:15 pm	Senior Men 100m Semi-finals
6:35 pm	U20 Women 800m Qualifying
6:50 pm	U20 Men 800m Qualifying
7:10 pm	Senior Women 800m Semi-finals
7:30 pm	Senior Men 800m Semi-finals
7:50 pm	U20 Women 100m FINAL
8:00 pm	U20 Men 100m FINAL
8:10 pm	Senior Women 100m FINAL
8:20 pm	Senior Men 100m FINAL
8:45 pm	U20 Women 3000m Steeplechase FINAL

**CANADIAN U20 | SENIOR | PARA and COMBINED EVENTS TRACK & FIELD
CHAMPIONSHIPS**

FRIDAY, JULY 7, 2017

TIME EVENT

FIELD EVENTS 10:30 AM – 2:00 PM

10:30 am	U20 Women Discus FINAL
10:30 am	U20/Senior Women Triple Jump Qualifying
11:00 am	U20/Senior Men Pole Vault Qualifying
12:30 pm	U20 Men Discus FINAL
12:30 pm	U20/Senior Men Triple Jump Qualifying

FIELD BREAK 2:00 PM – 5:00 PM

FIELD EVENTS 5:00 – 8:30 PM

5:00 pm	U20 Women Shot Put FINAL
5:00 pm	Senior Women Discus FINAL
5:00 pm	Senior Women Long Jump FINAL
6:00 pm	U20 Women High Jump FINAL
6:00 pm	Senior Women Javelin FINAL
7:00 pm	Senior Men Discus FINAL
7:00 pm	Senior Men Long Jump FINAL

**CANADIAN U20 | SENIOR | PARA and COMBINED EVENTS TRACK & FIELD
CHAMPIONSHIPS**

SATURDAY, JULY 8, 2017

Time	Event
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TRACK EVENTS 10:00 AM – 2:00 PM

10:00 am	Senior Men 400mH Semi-Finals
10:20 am	U20 Men 400mH Semi-Finals
10:40 am	Senior Women 400mH Semi-Finals
11:00 am	U20 Women 400mH Semi-Finals
11:30 am	1500m Senior Women Semi-Finals
11:50 am	1500m Senior Men Semi-Finals
12:10 pm	U20 Women 200m Semi-Finals
12:30 pm	U20 Men 200m Semi-Finals
12:50 pm	Senior Women 200m Semi-finals
1:10 pm	Senior Men 200m Semi-finals
1:30 pm	U20 Women 1500m FINAL
1:45 pm	U20 Men 1500m FINAL

TRACK BREAK 2:00 PM – 5:00 PM

HERSHEY SERIES / PARTICIPACTION 150 PLAYLIST 2:30 PM – 4:30 PM

TRACK EVENTS 5:00 PM – 9:30 PM

5:00 pm	Senior Men 110mH Semi-finals
5:15 pm	U20 Men 110mH Semi-finals
5:30 pm	Senior Women 100mH Semi-finals
5:45 pm	U20 Women 100mH Semi-finals
6:05 pm	U20 Women 800m Semi-Finals
6:20 pm	U20 Men 800m Semi-Finals
6:40 pm	800m Senior Women FINAL
6:55 pm	800m Senior Men FINAL
7:10 pm	U20 Women 400m FINAL
7:20 pm	U20 Men 400m FINAL
7:30 pm	Senior Women 400m FINAL
7:45 pm	Senior Men 400m FINAL
8:05 pm	Senior Men 110mH FINAL
8:20 pm	U20 Men 110mH FINAL
8:30 pm	Senior Women 100mH FINAL
8:45 pm	U20 Women 100mH FINAL
9:05 pm	U20 Men 3000m Steeplechase FINAL

**CANADIAN U20 | SENIOR | PARA and COMBINED EVENTS TRACK & FIELD
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SATURDAY, JULY 8, 2017

Time	Event
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FIELD EVENTS 10:00 AM – 2:00 PM

10:00 am	U20 Men Javelin FINAL
10:00 am	U20 Women Long Jump FINAL
11:00 am	U20 Men High Jump FINAL
12:00 pm	U20 Women Javelin FINAL
12:00 pm	U20 Men Long Jump FINAL
12:00 pm	U20 Women Hammer FINAL
12:00 pm	U20 Women Pole Vault FINAL

FIELD BREAK 2:00 – 5:00 PM

FIELD EVENTS 5:00 PM – 9:00 PM

5:00 pm	U20 Men Shot Put FINAL
5:00 pm	Senior Women Hammer FINAL
5:00 pm	Senior Women Triple Jump FINAL
6:00 pm	Senior Women Pole Vault FINAL
6:00 pm	Senior Men Javelin FINAL
7:00 pm	Senior Men Triple Jump FINAL
7:00 pm	Senior Men High Jump FINAL
7:00 pm	Senior Men Hammer FINAL

CANADIAN U20 | SENIOR | PARA and COMBINED EVENTS TRACK & FIELD CHAMPIONSHIPS

SUNDAY, JULY 9, 2017

TIME	EVENT
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ROAD EVENTS 8:30 am	Race Walk Mass Start – Senior 20km, U20 10km , and OPEN 5km FINALS
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TRACK EVENTS 10:00 AM – 2:00 PM

10:00 am	U20 Women 5000m FINAL
10:30 am	Senior Men 400mH FINAL
10:40 am	U20 Men 400mH FINAL
10:50 am	Senior Women 400mH FINAL
11:00 am	U20 Women 400mH FINAL
11:20 am	U20 Women 200m FINAL
11:30 am	U20 Men 200m FINAL
11:45 am	Senior Women 200m FINAL
12:00 pm	Senior Men 200m FINAL
12:15 pm	U20 Women 800m FINAL
12:25 pm	U20 Men 800m FINAL
12:35 pm	1500m Senior Women FINAL
12:50 pm	1500m Senior Men FINAL
1:15 pm	4 x 100m Relay Women & Men TIMED FINALS
1:45 pm	4 x 400m Relay Women & Men TIMED FINALS

FIELD EVENTS 9:30 AM – 2:00 PM

9:30 am	U20 Men Pole Vault FINAL
9:30 am	U20 Women Triple Jump FINAL
9:30 am	U20 Men Hammer FINAL
10:00 am	Senior Women Shot Put FINAL
12:00 pm	Senior Women High Jump FINAL
12:00 pm	U20 Men Triple Jump FINAL
12:00 pm	Senior Men Shot Put FINAL
12:15 pm	Senior Men Pole Vault FINAL