

# CANADIAN U20 | SENIOR | PARA AND COMBINED EVENTS TRACK & FIELD CHAMPIONSHIPS

FINAL SCHEDULE – June 29, 2017

**MONDAY, JULY 3, 2017**

**PARA-ATHLETICS IN RED    U20 IN GREEN    SENIOR IN BLACK**

**PARA-ATHLETICS WORLD TEAM MEMBER IN RED BOLD**

**SENIORS WITH WORLD QUALIFYING STANDARD IN BLACK BOLD**

TIME	EVENT
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## TRACK EVENTS 10:00 AM – 6:00 PM

10:00 am	U18/U20 Decathlon Men 100m
10:30 am	U18/U20 Heptathlon Women 100mH
<b>12:00 – 4:00 PM</b>	<b>PARA-ATHLETICS TRAINING TIME</b>
	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 (6200 points)
10:30 am	Senior Decathlon Men 100m (8100 points) - Pierce LaPage, 2nd ranked Canadian in 2017, PB 8027 points
11:00 am	Para Wheelchair Women 200m SF (All classes combined) - <b>Ilana Dupont (T53), Jessica Frotten (T53)</b>
11:30 am	Para Ambulatory Women 200m FINAL (All Classes combined) - <b>Marissa Papaconstantinou (T44)</b>
11:45 am	Para Ambulatory Men 200m FINAL (T37/38/43/44/46) - <b>Kyle Whitehouse (T38)</b>
12:00 pm	Para Ambulatory Men 200m FINAL (T11/13/20)
12:15 pm	Para Ambulatory Men 200m FINAL (T12) - <b>George Quarcoo</b>
12:30 pm	Para Wheelchair Men 200m FINAL (T34/51/52)
12:45 pm	Para Wheelchair Men 200m FINAL (T53) - <b>Jean-Philippe Maranda</b>
1:00 pm	Para Wheelchair Men 200m FINAL (T54) - <b>Isaiah Christophe</b>
1:15 pm	Para Wheelchair Women 200m FINAL (all classes combined) - <b>Ilana Dupont (T53), Jessica Frotten (T53)</b>

**TRACK BREAK 1:30 PM – 4:00 PM**

**TRACK EVENTS 4:00 PM – 6:00 PM**

4:00 pm	Para Wheelchair Men 800m FINAL (T34/53) - <b>Austin Smeenk (T34), Jean-Philippe Maranda (T53)</b>
4:15 pm	Para Wheelchair Men 800m FINAL (T54) - <b>Alexandre Dupont, Curtis Thom, Tristan Smythe, Isiah Christophe</b>
4:30 pm	Para Wheelchair Women 800m FINAL (All classes combined) - <b>Jessica Frotten (T53)</b>
4:45 pm	Para Ambulatory Men 800m FINAL (All classes combined) - <b>Liam Stanley (T37), Mitchell Chase (T38)</b>

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	U18/U20 Heptathlon Women 800m
	Senior Heptathlon Women 200m
	U18/U20 Decathlon Men 1500m
	Senior Decathlon Men 400m

**FIELD EVENTS 9:00 AM - 7:00 PM**

9:00 am	Para Seated Men 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
12:30 pm	Para Seated Women Discus - <b>Pamela Lejean (F53)</b>
1:00 pm	Para Ambulatory Men and Women Long Jump
1:00 pm	Para Ambulatory Women Discus - <b>Ness Murby (F11), Jennifer Brown (F38), Renée Foessel (F38)</b>
	U18/U20 Decathlon Men Pole Vault
	U18/U20 Heptathlon Women Javelin Throw
	Senior Decathlon Men Shot Put
3:00 pm	Para Seated Men Javelin
	Senior Heptathlon Women Shot Put
3:00 pm	Para Ambulatory Men Discus
	Senior Decathlon Men High Jump
	U18/U20 Decathlon Men Javelin
4:30 pm	Para Seated Women 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 100m SF (T34/51/52/53) - <b>Austin Smeenk (T34), Jean-Philippe Maranda (T53)</b>
11:15 am	Para Wheelchair Women 100m SF (All classes combined) - <b>Ilana Dupont (T53)</b>
11:30 am	Para Ambulatory Men 100m SF (T11/13/20/36/37/38/43/44/46) - <b>Kyle Whitehouse (T38)</b>
12:00 pm	<b>INVICTUS GAMES – 100m – EXHIBITION EVENT</b>
12:15 pm	Para Wheelchair Men 400m SF (T54) - <b>Alexandre Dupont, Curtis Thom, Tristan Smythe, Isiah Christophe</b>
12:30 pm	Para Wheelchair Men 400m SF (T34/51/52/53) - <b>Austin Smeenk (T34), Jean-Philippe Maranda (T53)</b>
12:45 pm	Para Wheelchair Women 400m SF (All classes combined) - <b>Ilana Dupont (T53), Jessica Frotten (T53), Diane Roy (T54)</b>

**TRACK BREAK 1:00 PM – 4:00 PM**

**TRACK EVENTS 4:00 PM – 7:00 PM**

3:30 pm	<b>INVICTUS GAMES – 200m – EXHIBITION EVENT</b>
4:00 pm	Para Wheelchair Men 100m FINAL (T34/51/52/53) - <b>Austin Smeenk (T34), Jean-Philippe Maranda (T53)</b>
4:10 pm	Para Wheelchair Men 100m FINAL (T54) - <b>Curtis Thom, Isiah Christophe</b>
4:20 pm	Para Wheelchair Women 100m FINAL (All classes combined) - <b>Ilana Dupont (T53)</b>
4:30 pm	Para Ambulatory Men 100m FINAL (T12) - <b>Georege Quarcoo (T12)</b>
4:40 pm	Para Ambulatory Men 100m FINAL (T11/13/20/36/37/38/43/44/46) - <b>Kyle Whitehouse (T38)</b>
4:50 pm	Para Ambulatory Women 100m Timed FINAL (All classes combined) - <b>Marissa Papaconstantinou (T44)</b>
	Senior Heptathlon Women 800m

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5:15 pm	Para Wheelchair Men 1500m FINAL (All classes combined) - <b>Alexandre Dupont (T54), Tristan Smythe (T54)</b>
5:30 pm	Para Wheelchair Women 1500m FINAL (All classes combined) - <b>Jessica Frotten (T53), Diane Roy (T54)</b>
5:45 pm	Para Ambulatory Men 1500m FINAL (All classes combined) - <b>Jason Dunkerley/ Jeremie Venne (T11), Guillaume Ouellet (T13), Thomas Des Brisay (T20), Liam Stanley (T37), Shayne Dobson (T37), Mitchell Chase (T38)</b>
6:00 pm	Para Ambulatory Women 400m FINAL (All classes combined)
6:10 pm	Para Ambulatory Men 400m – Timed FINAL (2 sections)
6:30 pm	Para Wheelchair Men 400m FINAL (T53)
6:40 pm	Para Wheelchair Men 400m FINAL (T54) - <b>Alexandre Dupont, Curtis Thom, Tristan Smythe, Isiah Christophe</b>
6:50 pm	Para Wheelchair Men 400m FINAL (T34/51/52/53) - <b>Austin Smeenk (T34), Jean-Philippe Maranda (T53)</b>
7:00 pm	Para Wheelchair Women 400m FINAL (All classes combined) - <b>Ilana Dupont (T53), Jessica Frotten (T53), Diane Roy (T54)</b>
	Senior Decathlon Men 1500m

**FIELD EVENTS 9:30 AM – 7:00 PM**

9:30 am	Para Seated Women Shot Put - <b>Pamela Lejean (F53)</b>
11:00 am	Senior Heptathlon Women Long Jump
11:00 am	Para Ambulatory Men and Women Javelin - <b>Ness Murby (F11), Alister McQueen (F44)</b>
	Senior Decathlon Men Discus
	Senior Heptathlon Women Javelin
12:00 pm	Para Seated Men Shot Put
	Senior Decathlon Men Pole Vault
2:30 pm	Para Seated Women/Men Club Throw
	Senior Decathlon Men Javelin
5:00 pm	Para Ambulatory Men 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	U20 Women 200m Qualifying
10:15 am	U20 Men 200m Qualifying
10:50 am	Senior Women 200m Qualifying
11:10 am	Senior Men 200m Qualifying
11:45 am	U20 Men 1500m Qualifying
12:10 pm	Senior Women 100mH Qualifying
12:30 pm	U20 Women 400m Qualifying
12:45 pm	U20 Men 400m Qualifying
1:15 pm	Senior Women 400m Qualifying
1:35 pm	Senior Men 400m Qualifying
1:55 pm	U20 Men 100m Qualifying
2:25 pm	Senior Women 100m Qualifying
2:45 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**

6:00 pm	<b>MASTERS Women – 100m – EXHIBITION EVENT</b>
6:10 pm	<b>MASTERS Men – 100m – EXHIBITION EVENT</b>
6:20 pm	<b>MASTERS Women – 1500m – EXHIBITION EVENT</b>
6:30 pm	<b>MASTERS Men – 1500m – EXHIBITION EVENT</b>
6:40 pm	Senior Women 800m Qualifying
7:10 pm	Senior Men 800m Qualifying
7:30 pm	U20 Women 3000m FINAL
7:50 pm	Senior Men 3000m Steeplechase FINAL (8:32.00) - 2016 Olympian & Canadian Record holder Matt Hughes returns from injury for his first steeplechase of the year.

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8:10 pm	Senior Women 3000m Steeplechase FINAL <i>(9.42:00)</i> - Canadian record holder <b>Geneviève Lalonde</b> leads a trio of Olympians including Maria Bernard and Erin Teschuk. Alycia Butterworth has the 2nd fastest PB and could challenge for the win.
8:30 pm	U20 Men 5000m FINAL
8:55 pm	Senior Men 5000m FINAL - <i>(13:22.60)</i> - Olympic 4th place finisher & Canadian record holder <b>Mohammed Ahmed</b> leads the field as NCAA 3rd place finisher <b>Justyn Knight</b> tries to take down the veteran and win his first senior title.
9:20 pm	Senior Women 5000m FINAL - <i>(15:22.00)</i> - Olympians <b>Jessica O'Connell</b> and <b>Andre Seccafien</b> will try to fend off challenges from Rachel Cliff and 2016 podium finisher, Sasha Gollish.

### THURSDAY, JULY 6, 2017

TIME	EVENT
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#### FIELD EVENTS 10:00 AM – 2:00 PM

10:00 am	U20/Senior Women Long Jump 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	Senior Women Hammer Qualifying
5:30 pm	U20 Women Pole Vault Qualifying

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

**FRIDAY, JULY 7, 2017**

**TIME**

**EVENT**

**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 (52.00) - Olympian and member of Canada's 4th place 4x400m relay from Rio, <b>Carline Muir</b> leads the field. <b>Aiyanna-Brigitte Stiverne</b> has the 2nd fastest Canadian time of 2017 and will face challenges recent LSU grad <b>Travia Jones</b> and 2016 Olympian Alycia Brown.
1:20 pm	Senior Men 400m Semi-finals (45.50) - 2016 Canadian champion Nathan George leads the field and should face a challenge from last year's other podium finishers: Ben Ayesu-Attah & Philip Osei.

**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 (11.26) - Olympian Crystal Emmanuel has made a major breakthrough this year and looks to retain her title as Canada's fastest woman.
6:15 pm	Senior Men 100m Semi-finals (10.12) - Olympic bronze medallist <b>Andre De Grasse</b> takes on his 4x100m team members Aaron Brown and Akeem Haynes. <b>Gavin Smellie</b> is back from injury and ready to contend.
6:35 pm	U20 Women 800m Qualifying
6:55 pm	U20 Men 800m Qualifying
7:25 pm	Senior Women 800m Semi-finals (2:01.00) 2015 World Championship silver medallist and Canadian record holder <b>Melissa Bishop</b> is a strong favourite. Annie Leblanc, Jessica Smith and Jenna Westaway will challenge to earn the World qualifying time and a podium spot.



## CANADIAN U20 | SENIOR | PARA AND COMBINED EVENTS TRACK & FIELD CHAMPIONSHIPS

7:45 pm	Senior Men 800m Semi-finals ( <i>1:45.90</i> ) Olympian <b>Brandon McBride</b> is ready to his mark on the world stage but will need to fend of fellow Olympian Anthony Romaniw and NCAA 4th placer, Robert Heppenstall.
8:05 pm	<b>U20 Women 100m FINAL</b>
8:15 pm	<b>U20 Men 100m FINAL</b>
8:25 pm	Senior Women 100m FINAL ( <i>11.26</i> ) - Crystal Emmanuel has made a major breakthrough this year and looks to retain her title as Canada's fastest woman.
8:35 pm	Senior Men 100m FINAL ( <i>10.12</i> ) - Olympic bronze medallist <b>Andre De Grasse</b> takes on his 4x100m team members Aaron Brown and Akeem Haynes. <b>Gavin Smellie</b> is back from injury and ready to contend.
8:55 pm	<b>U20 Women 3000m Steeplechase FINAL</b>

### FRIDAY, JULY 7, 2017

TIME	EVENT
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#### FIELD EVENTS 10:30 AM - 2:00 PM

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

#### FIELD BREAK 2:00 PM - 5:00 PM

#### FIELD EVENTS 5:00 - 8:30 PM

5:00 pm	<b>U20 Women Shot Put FINAL</b>
5:00 pm	Senior Women Discus FINAL ( <i>61.20m</i> )
5:00 pm	Senior Women Long Jump FINAL ( <i>6.75m</i> ) - Canadian record holder <b>Christabel Nettey</b> is back in fine form after a tough year of injury.
6:00 pm	<b>U20 Women High Jump FINAL</b>
6:00 pm	Senior Women Javelin FINAL ( <i>61.40m</i> ) - Olympian and Canadian record holder <b>Liz Gleadle</b> could face a challenge from Krista Woodard and NCAA 3rd place finisher Ashley Pryke.
7:00 pm	Senior Men Discus FINAL ( <i>65.00m</i> )
7:00 pm	Senior Men Long Jump FINAL ( <i>8.15m</i> )

# 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 (49.35)
10:25 am	U20 Men 400mH Semi-Finals
10:50 am	Senior Women 400mH Semi-Finals (56.10) - Olympian and recent NCAA champion <b>Sage Watson</b> will face Olympic teammate <b>Noelle Montcalm</b> .
11:15 am	U20 Women 400mH Semi-Finals
11:35 am	1500m Senior Women Semi-Finals (4:07.50) - Olympians <b>Sheila Reid</b> , <b>Nicole Sifuentes</b> and <b>Gabriella Stafford</b> will battle for the top spot on the podium and entry to the IAAF World Champs.
11:55 am	1500m Senior Men Semi-Finals (3:36.00) - Olympians Charles Philibert-Thiboutot and Nate Brannen look for top 3 spots as they, and others, try to chase down the qualifying standard.
12:15 pm	U20 Women 200m Semi-Finals
12:35 pm	U20 Men 200m Semi-Finals
12:55 pm	Senior Women 200m Semi-finals (23.20) - Olympian <b>Crystal Emmanuel</b> made a big jump this summer, finishing 2nd in a Diamond League 200-metre final. Kimberly Hyacinthe will look to challenge
1:15 pm	Senior Men 200m Semi-finals (20.44) - Last year, Brendon Rodney got the jump on <b>Andre De Grasse</b> and his 4x100m relay teammates to claim the 200m Canadian title. De Grasse, <b>Aaron Brown</b> and <b>Gavin Smellie</b> look to grab the top podium spot in Ottawa.
1:35 pm	U20 Women 1500m FINAL
1:50 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 (13.48) - Olympic bronze medallist in the decathlon <b>Damian Warner</b> will take on Olympic finalist <b>Johnathan Cabral</b> and teammate Sekou Kaba.
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**CANADIAN U20 | SENIOR | PARA AND COMBINED EVENTS TRACK & FIELD CHAMPIONSHIPS**

5:20 pm	U20 Men 110mH Semi-finals
5:40 pm	Senior Women 100mH Semi-finals (12.98) - Olympic finalist <b>Phylicia George</b> looks to defend her Canadian title against fellow Olympians Angela Whyte and Nikkita Holder.
6:00 pm	U20 Women 100mH Semi-finals
6:20 pm	U20 Women 800m Semi-Finals
6:40 pm	U20 Men 800m Semi-Finals
7:00 pm	800m Senior Women FINAL (2:01.00) 2015 World Championship silver medallist and Canadian record holder <b>Melissa Bishop</b> is a strong favourite. Annie Leblanc, Jessica Smith and Jenna Westaway will challenge to earn the World qualifying time and a podium spot.
7:10 pm	800m Senior Men FINAL (1:45.90) Olympian <b>Brandon McBride</b> is ready to his mark on the world stage but will need to fend of fellow Olympian Anthony Romaniw and NCAA 4th placer, Robert Heppenstall.
7:25 pm	U20 Women 400m FINAL
7:35 pm	U20 Men 400m FINAL
7:45 pm	Senior Women 400m FINAL (52.00) - Olympian and member of Canada's 4th place 4x400m relay from Rio, <b>Carline Muir</b> leads the field. <b>Aiyanna-Brigitte Stiverne</b> has the 2nd fastest Canadian time of 2017 and will face challenges recent LSU grad <b>Travia Jones</b> and 2016 Olympian Alycia Brown.
7:55 pm	Senior Men 400m FINAL (45.50) - 2016 Canadian champion Nathan George leads the field and should face a challenge from last year's other podium finishers: Ben Ayesu-Attah & Philip Osei.
8:15 pm	Senior Men 110mH FINAL (13.48) - Olympic bronze medallist in the decathlon <b>Damian Warner</b> will take on Olympic finalist <b>Johnathan Cabral</b> and teammate Sekou Kaba.
8:25 pm	U20 Men 110mH FINAL
8:35 pm	Senior Women 100mH FINAL (12.98) - Olympic finalist <b>Phylicia George</b> looks to defend her Canadian title against fellow Olympians Angela Whyte and Nikkita Holder.
8:45 pm	U20 Women 100mH FINAL
9:05 pm	U20 Men 3000m Steeplechase FINAL

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

**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 (71.00m) - With a breakthrough toss of 72.50m this year, <b>Jillian Weir</b> is the top Canadian hammer thrower. Olympians Heather Steacy and Sultana Frizell are sure to put up a fight.
5:00 pm	Senior Women Triple Jump FINAL (14.10m)
6:00 pm	Senior Women Pole Vault FINAL (4.55m) - Canadian record holder and Olympian <b>Alysha Newman</b> keeps raising the bar. Olympic finalist Kelsie Ahbe and Olympian <b>Anicka Newell</b> each have title hopes.
6:00 pm	Senior Men Javelin FINAL (83.00m)
7:00 pm	Senior Men Triple Jump FINAL (16.80m)
7:00 pm	Senior Men High Jump FINAL (2.30m) - Olympic champion <b>Derek Drouin</b> has a habit of stepping up to win Canadian and world titles. His Olympic teammate <b>Mike Mason</b> will look to take his shot at the champ.
7:00 pm	Senior Men Hammer FINAL (76.00m)

## CANADIAN U20 | SENIOR | PARA AND COMBINED EVENTS TRACK & FIELD CHAMPIONSHIPS

SUNDAY, JULY 9, 2017

TIME	EVENT
<b>ROAD EVENTS</b> 7:30 am	Race Walk Mass Start – Senior 20km, <b>U20 10km</b> , and OPEN 10km FINALS (1:24:00) - Olympians and training partners <b>Ben Thorne</b> and <b>Evan Dunfee</b> will use this as a dress rehearsal for London. Thorne won bronze at the 2015 World Championships and Dunfee placed 4th at the 50km discipline in Rio. Both are legitimate medal threats in August.

### TRACK EVENTS 10:00 AM – 2:00 PM

10:00 am	<b>U20 Women 5000m FINAL</b>
10:25 am	Senior Men 400mH FINAL (49.35)
10:40 am	<b>U20 Men 400mH FINAL</b>
10:55 am	Senior Women 400mH FINAL (56.10) - Olympian and recent NCAA champion <b>Sage Watson</b> will face Olympic teammate <b>Noelle Montcalm</b> .
11:10 am	<b>U20 Women 400mH FINAL</b>
11:30 am	<b>U20 Women 200m FINAL</b>
11:40 am	<b>U20 Men 200m FINAL</b>
11:50 am	Senior Women 200m FINAL (23.20) - Olympian <b>Crystal Emmanuel</b> made a big jump this summer, finishing 2nd in a Diamond League 200-metre final. Kimberly Hyacinthe will look to challenge
12:00 pm	Senior Men 200m FINAL (20.44) - Last year, Brendon Rodney got the jump on <b>Andre De Grasse</b> and his 4x100m relay teammates to claim the 200m Canadian title. De Grasse, <b>Aaron Brown</b> and Gavin Smellie look to grab the top podium spot in Ottawa.
12:15 pm	<b>U20 Women 800m FINAL</b>
12:25 pm	<b>U20 Men 800m FINAL</b>
12:35 pm	1500m Senior Women FINAL (4:07.50) - Olympians <b>Sheila Reid</b> , <b>Nicole Sifuentes</b> and <b>Gabriella Stafford</b> will battle for the top spot on the podium and entry to the IAAF World Champs.
12:50 pm	1500m Senior Men FINAL (3:36.00) - Olympians Charles Philibert-Thiboutot and Nate Brannen look for top 3 spots as they and others try chase down the qualifying standard.

## CANADIAN U20 | SENIOR | PARA AND COMBINED EVENTS TRACK & FIELD CHAMPIONSHIPS

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 (17.75m) - Olympian <b>Brittany Crew</b> continues to improve and her Canadian record of 18.58m proves she's world class. Olympic teammate, Taryn Suttie, will look to challenge for the win.
12:00 pm	Senior Women High Jump FINAL(1.94m) - Olympic finalist Alyxandria Treasure looks to defend her title and clear a world championship qualifying standard.
12:00 pm	U20 Men Triple Jump FINAL
12:00 pm	Senior Men Shot Put FINAL (20.50m) - Olympian <b>Tim Nedow</b> looks to power his way to another Canadian title against a young and upcoming field of throwers.
12:15 pm	Senior Men Pole Vault FINAL (5.60m) - Olympian <b>Shawn Barber</b> will look to use Ottawa as a springboard to defend the world title he won in 2015.