



Saturday Feb 18

| TRACK | heats | FIELD | #s |
|--|-----------------------|----------------------------------|------------------------|
| 9:00 60m Hurdles - PENTATHLON | Youth, Junior Men 1 | 10:00 Long Jump - PENTATHLON | Youth, Junior Men 6 |
| 9:15 60m Hurdles - PENTATHLON | Youth, Junior Women 2 | 10:45 High Jump - PENTATHLON (B) | Youth, Junior Women 16 |
| 9:30 60m Hurdles HEATS | Youth Women 2 | 10:45 High Jump FINAL (A) | Youth, Junior Women 7 |
| 9:45 3000m Racewalk FINAL | Youth, Junior M/W 1 | 11:00 Long Jump FINAL | Youth, Junior Men 7 |
| 10:15 200m Timed FINAL | Youth Women 7 | 11:15 Shot Put - PENTATHLON | Youth, Junior Men 6 |
| 10:50 200m Timed FINAL | Junior Women 3 | 12:15 Shot Put FINAL | Youth, Junior Women 7 |
| 11:10 200m Timed FINAL | Youth Men 8 | 13:30 High Jump - PENTATHLON (A) | Youth, Junior Men 6 |
| 11:50 200m Timed FINAL | Junior Men 4 | 13:30 Triple Jump FINAL | Youth, Junior Women 9 |
| TRACK BREAK | | 13:45 Shot Put - PENTATHLON | Youth, Junior Women 16 |
| 14:00 3000m Timed FINAL | Youth, Junior Women 1 | 15:00 Pole Vault FINAL | Youth, Junior Men 10 |
| 14:15 3000m Timed FINAL | Youth, Junior Men 1 | 15:30 Long Jump - PENTATHLON | Youth, Junior Women 16 |
| 14:30 800m Timed FINAL | Youth Women 3 | | |
| 14:45 800m Timed FINAL | Junior Women 1 | | |
| 15:00 800m Timed FINAL | Youth Men 2 | | |
| 15:15 800m Timed FINAL | Junior Men 1 | | |
| 15:45 60m Hurdles FINAL | Junior Men 1 | | |
| 15:55 60m Hurdles FINAL | Youth Men 1 | | |
| 16:05 60m Hurdles FINAL | Junior Women 1 | | |
| 16:15 60m Hurdles FINAL | Youth Women 1 | | |
| 16:30 1000m - PENTATHLON | Youth, Junior Men 1 | | |
| 16:45 800m - PENTATHLON | Youth, Junior Women 2 | | |
| 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 4 | 8:30 Weight Throw FINAL | Youth, Junior Women 7 |
| 11:35 60m Heats | Junior Women 2 | 9:00 High Jump FINAL | Youth, Junior Men 5 |
| 11:45 60m Heats | Youth Men 2 | 9:45 Weight Throw FINAL | Youth, Junior Men 4 |
| 12:00 60m Heats | Junior Men 3 | 11:00 Long Jump FINAL | Youth, Junior Women 14 |
| 12:15 400m TIMED FINALS | Youth Women 6 | 12:30 Pole Vault FINAL | Youth, Junior Women 11 |
| 12:45 400m TIMED FINALS | Junior Women 2 | 12:45 Shot Put FINAL | Youth, Junior Men 7 |
| 13:00 400m TIMED FINALS | Youth Men 5 | 14:15 Triple Jump FINAL | Youth, Junior Men 6 |
| 13:30 400m TIMED FINALS | Junior Men 3 | | |
| 13:50 60m FINAL | Youth Women 1 | | |
| 13:55 60m FINAL | Junior Women 1 | | |
| 14:05 60m FINAL | Youth Men 1 | | |
| 14:10 60m FINAL | Junior Men 1 | | |
| 14:20 1500m Timed FINAL | Youth Women 1 | | |
| 14:30 1500m Timed FINAL | Junior Women 1 | | |
| 14:40 1500m Timed FINAL | Youth Men 1 | | |
| 14:50 1500m Timed FINAL | Junior Men 1 | | |

Saturday Feb 18

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| 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 |

12:30 MEDAL CEREMONIES

15:30 MEDAL CEREMONIES