



2024 CANADIAN INDOOR TRACK & FIELD CHAMPIONSHIPS

FIELD – DAY 1 (FRIDAY – 2024-03-15)

TENTATIVE – AS OF JANUARY 31st



TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
18:00	FINAL	U16 / U18 / U20 / Open	Men	Weight Throw / Lancer du poids
18:30	FINAL	U16	Men	High Jump / Saut en hauteur
19:45	FINAL	U16 / U18 / U20 / Open	Women	Weight Throw / Lancer du poids
21:30	END OF DAY			



2024 CANADIAN INDOOR TRACK & FIELD CHAMPIONSHIPS

TRACK – DAY 2 (SATURDAY – 2024-03-16)

TENTATIVE – AS OF JANUARY 31st



TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
9:00	FINAL	U16 / U18 / U20 / Open	Women	PENT 60m H
9:20	FINAL	U16 / U18 / U20 / Open	Men	PENT 60m H
9:30	FINAL	U20/Open	Men	HEPTA 60m
11:00	FINAL	U16	Women / Men	1500m Walk/Marche
11:15	FINAL	U18 / U20 / Open	Women / Men	3000m Walk/Marche
11:30	FINAL	U16	Women	2000m
11:40	FINAL	U16	Men	2000m
11:55	FINAL	U18 / U20 / Open	Women	3000m
12:15	FINAL	U18 / U20 / Open	Men	3000m
	SESSION BREAK			
13:30	FINAL	U16	Women	200m
13:45	FINAL	U18	Women	200m
14:00	FINAL	U20	Women	200m
14:15	FINAL	Open	Women	200m
14:30	FINAL	U16	Men	200m
14:45	FINAL	U18	Men	200m
15:00	FINAL	U20	Men	200m
15:15	FINAL	Open	Men	200m
15:30	PRELIM	U16 / U18 / U20 / Open	Women	60m H
15:45	PRELIM	U16 / U18 / U20 / Open	Men	60m H
	SESSION BREAK			
17:00	FINAL	U16	Women	800m
17:10	FINAL	U18 / U20 / Open	Women	800m
17:20	FINAL	U16	Men	800m
17:30	FINAL	U18 / U20 / Open	Men	800m
17:40	FINAL	U16 / U18 / U20 / Open	Men	PENT 1000m
17:55	FINAL	U16 / U18 / U20 / Open	Women	PENT 800m
18:10	FINAL	U16	Women	60m H
18:20	FINAL	U18	Women	60m H
18:30	FINAL	U20 / Open	Women	60m H
18:40	FINAL	U16	Men	60m H
18:50	FINAL	U18	Men	60m H
19:00	FINAL	U20 / Open	Men	60m H
19:15	FINAL	U16 / U18 / U20 / Open	Women	4x200m
19:25	FINAL	U16 / U18 / U20 / Open	Men	4x200m
19:35	END OF DAY			



2024 CANADIAN INDOOR TRACK & FIELD CHAMPIONSHIPS

FIELD – DAY 2 (SATURDAY – 2024-03-16)

TENTATIVE – AS OF JANUARY 31st



TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
10:00	FINAL	U16	Women	High Jump / Saut en hauteur
11:30	FINAL	U20 / Open	Men	HEPTA Long Jump/ Saut en longueur
11:30	FINAL	U16 / U18	Men	PENT Long Jump / Saut en longueur
13:30	FINAL	U16 / U18 / U20 / Open	Women	PENT High Jump / Saut en hauteur
13:45	FINAL	U18 / U20 / Open	Women	Long Jump / Saut en longueur
14:00	FINAL	U16 / U18 / U20 / Open	Men	Pole Vault / Saut à la perche
14:00	FINAL	U16 / U18	Men	PENT Shot Put / Lancer du poids
14:00	FINAL	U20 / Open	Men	HEPTA Shot Put / Lancer du poids
	SESSION BREAK			
15:30	FINAL	U16 / U18 / U20 / Open	Women	PENT Shot Put / Lancer du poids
15:45	FINAL	U20 / Open	Men	HEPTA High Jump / Saut en hauteur
15:45	FINAL	U16 / U18 / U20 / Open	Men	PENT High Jump / Saut en hauteur
16:00	FINAL	U16	Women	Long Jump / Saut en longueur
	SESSION BREAK			
16:30	FINAL	U16 / U18 / U20 / Open	Women	Shot Put / Lancer du poids
17:20	FINAL	U16 / U18 / U20 / Open	Women	PENT Long Jump / Saut en longueur
18:30	FINAL	U16 / U18	Men	Triple Jump / Triple Saut
20:00	FINAL	U20 / Open	Men	Triple Jump / Triple Saut
21:30	END OF DAY			



2024 CANADIAN INDOOR TRACK & FIELD CHAMPIONSHIPS

TRACK – DAY 3 (SUNDAY – 2024-03-17)

TENTATIVE – AS OF JANUARY 31st



TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
8:30	FINAL	U20 / Open	Men	HEPTA 60m H
09:00	FINAL	U16	Women	1200m
09:10	FINAL	U16	Men	1200m
09:20	FINAL	U18 / U20 / Open	Women	1500m
09:30	FINAL	U18 / U20 / Open	Men	1500m
10:00	PRELIM	U16	Women	60m
10:15	PRELIM	U18	Women	60m
10:30	PRELIM	U20 / Open	Women	60m
10:40	PRELIM	U16	Men	60m
10:50	PRELIM	U18	Men	60m
11:05	PRELIM	U20 / Open	Men	60m
	SESSION BREAK			
12:30	FINAL	U16	Women	300m
12:45	FINAL	U16	Men	300m
12:50	FINAL	U18	Women	400m
13:10	FINAL	U20 / Open	Women	400m
13:20	FINAL	U18	Men	400m
13:45	FINAL	U20 / Open	Men	400m
14:00	FINAL	U 20 / Open	Men	HEPTA 1000m
14:05	FINAL	U16	Women	60m
14:10	FINAL	U18	Women	60m
14:15	FINAL	U20 / Open	Women	60m
14:20	FINAL	U16	Men	60m
14:25	FINAL	U18	Men	60m
14:30	FINAL	U20 / Open	Men	60m
14:45	FINAL	U16	Women	4x400m
15:00	FINAL	U18	Women	4x400m
15:15	FINAL	U20 / Open	Women	4x400m
15:30	FINAL	U16	Men	4x400m
15:45	FINAL	U18	Men	4x400m
16:00	FINAL	U20 / Open	Men	4x400m
16:15	END OF DAY			



2024 CANADIAN INDOOR TRACK & FIELD CHAMPIONSHIPS

FIELD – DAY 3 (SUNDAY – 2024-03-17)

TENTATIVE – AS OF JANUARY 31st



TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
09:00	FINAL	U18 / U20 / Open	Men	Long Jump / Saut en longueur
10:00	FINAL	U20 / Open	Men	HEPTA Pole Vault / Saut à la perche
10:45	FINAL	U16	Men	Long Jump / Saut en longueur
12:00	FINAL	U18 / U20 / Open	Women	Triple Jump / Triple saut
12:00	FINAL	U18 / U20 / Open	Men	High Jump / Saut en hauteur
12:15	FINAL	U18 / U20 / Open	Men	Shot Put / Lancer du poids
12:30	FINAL	U16 / U18 / U20 / Open	Women	Pole Vault / Saut à la perche
12:30	FINAL	U18 / U20 / Open	Women	High Jump / Saut en hauteur
13:00	FINAL	U16	Women	Triple Jump / Triple saut
14:30	FINAL	U16	Men	Shot Put / Lancer du poids
16:30	END OF DAY			