



2024 CANADIAN INDOOR TRACK & FIELD CHAMPIONSHIPS
CHAMPIONNATS CANADIENS D'ATHLÉTISME EN SALLE 2024



FIELD – DAY 1 (FRIDAY – 03-15-2024)

FINAL – AS OF MARCH 14TH (8:30 a.m.)

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
17:00	FINAL	U16/U20	Men	Weight Throw / Lancer du marteau int.
18:30	FINAL	U16	Men	High Jump / Saut en hauteur
18:45	FINAL	U16/U20	Women	Weight Throw / Lancer du marteau Int.
20:00	FINAL	U18/Open	Men	Weight Throw / Lancer du marteau int.
21:30	FINAL	U18/Open	Women	Weight Throw / Lancer du marteau int.
	END OF DAY			



2024 CANADIAN INDOOR TRACK & FIELD CHAMPIONSHIPS
CHAMPIONNATS CANADIENS D'ATHLÉTISME EN SALLE 2024



TRACK – DAY 2 (SATURDAY – 03-16-2024)

FINAL – AS OF MARCH 14TH (8:30 a.m.)

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
8:30	FINAL	U18/U20/Open	Women/Men	3000W
9:00	FINAL	U16	Women	PENT 60H
9:05	FINAL	U18	Women	PENT 60H
9:15	FINAL	U20	Women	PENT 60H
9:20	FINAL	Open	Women	PENT 60H
9:25	FINAL	U16	Men	PENT 60H
9:30	FINAL	U18	Men	PENT 60H
9:40	FINAL	U20	Men	HEPTA 60m
9:45	FINAL	Open	Men	HEPTA 60m
10:00	FINAL	U16	Women	2000m
10:10	FINAL	U16	Men	2000m
10:20	FINAL	U18	Women	3000m
10:35	FINAL	U20/Open	Women	3000m
10:50	FINAL	U18	Men	3000m
11:15	FINAL	U20	Men	3000m
11:30	FINAL	Open	Men	3000m
	SESSION BREAK			
12:45	FINAL	U16	Women	200m
13:06	FINAL	U18	Women	200m
13:45	FINAL	U20	Women	200m
14:03	FINAL	Open	Women	200m
14:09	FINAL	U16	Men	200m
14:21	FINAL	U18	Men	200m
14:51	FINAL	U20	Men	200m
15:24	FINAL	Open	Men	200m
15:45	PRELIM	U16	Women	60H
15:55	PRELIM	U18	Women	60H
16:10	PRELIM	U20	Women	60H
16:20	PRELIM	U18	Men	60H
	SESSION BREAK			
17:40	FINAL	U16	Women	800m
17:50	FINAL	U18	Women	800m
18:10	FINAL	U20	Women	800m

18:15	FINAL	Open	Women	800m
18:20	FINAL	U16	Men	800m
18:30	FINAL	U18	Men	800m
18:50	FINAL	U20	Men	800m
19:05	FINAL	Open	Men	800m
19:15	FINAL	U16 /U18	Men	PENT 1000m
19:20	FINAL	U16 /U18	Women	PENT 800m
19:25	FINAL	U20/Open	Women	PENT 800m
19:35	FINAL	U16	Women	60H
19:40	FINAL	U18	Women	60H
19:45	FINAL	U20	Women	60H
19:50	FINAL	Open	Women	60H
19:55	FINAL	U16	Men	60H
20:00	FINAL	U18	Men	60H
20:05	FINAL	U20	Men	60H
20:10	FINAL	Open	Men	60H
20:20	FINAL	U16	Women	4x200m
20:30	FINAL	U18	Women	4x200m
20:40	FINAL	U20 / Open	Women	4x200m
20:50	FINAL	U16	Men	4x200m
21:00	FINAL	U18	Men	4x200m
21:10	FINAL	U20	Men	4x200m
21:20	FINAL	Open	Men	4x200m
	END OF DAY			



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FIELD – DAY 2 (SATURDAY – 03-16-2024)

FINAL – AS OF MARCH 14TH (8:30 a.m.)

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
10:15	FINAL	U20 / Open	Men	HEPTA Long Jump / Sut en longueur
10:15	FINAL	U16 / U18	Men	PENT Long Jump / Saut en longueur
10:15	FINAL Pit A - B	U16 / U18 / U20 / Open	Women	PENT High Jump / Saut en hauteur
11:45	FINAL	U20	Women	Long Jump / Saut en longueur
12:30	FINAL	U16	Women	High Jump / Saut en hauteur
12:30	FINAL	U16 / U18	Women	PENT Shot Put / Lancer du poids
13:00	FINAL	U16 / U18	Men	Pole Vault / Saut à la perche
13:30	FINAL	Open	Women	Long Jump / Saut en longueur
13:45	FINAL	U20 / Open	Women	PENT Shot Put / Lancer du poids
	SESSION BREAK			
14:45	FINAL	U16 / U18	Men	PENT Shot Put / Lancer du poids
14:45	FINAL	U20 / Open	Men	HEPTA Shot Put / Lancer du poids
15:15	FINAL Outside	U16	Women	Long Jump / Saut en longueur
15:15	FINAL Inside	U18	Women	Long Jump / Saut en longueur
16:15	FINAL Pit B	U16 / U18	Men	PENT High Jump / Saut en hauteur
16:15	FINAL Pit A	U20 / Open	Men	HEPTA High Jump / Saut en hauteur
	SESSION BREAK			
17:00	FINAL	U16 / U20	Women	Shot Put / Lancer du Poids
17:15	FINAL Outside	U16 / U18	Women	PENT Long Jump / Saut en longueur
17:15	FINAL Inside	U20 / Open	Women	PENT Long Jump / Saut en longueur
18:30	FINAL	U20 / Open	Men	Pole Vault / Saut à la perche
18:45	FINAL	U16 / U18	Men	Triple Jump / Triple Saut
19:30	FINAL	U18 / Open	Women	Shot Put / Lancer du Poids
20:45	FINAL	U20 / Open	Men	Triple Jump / Triple Saut
	END OF DAY			



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TRACK – DAY 3 (SUNDAY – 03-17-2024)

FINAL – AS OF MARCH 14TH (8:30 a.m.)

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
8:30	FINAL	U20	Men	HEPTA 60H
8:35	FINAL	Open	Men	HEPTA 60H
8:45	FINAL	U16	Women	1200m
8:55	FINAL	U16	Men	1200m
9:10	FINAL	U18	Women	1500m
9:26	FINAL	U20	Women	1500m
9:34	FINAL	Open	Women	1500m
9:42	FINAL	U18	Men	1500m
10:14	FINAL	U20	Men	1500m
10:30	FINAL	Open	Men	1500m
10:50	PRELIM	U16	Women	60m
11:00	PRELIM	U18	Women	60m
11:18	PRELIM	U20	Women	60m
11:28	PRELIM	Open	Women	60m
11:36	PRELIM	U16	Men	60m
11:44	PRELIM	U18	Men	60m
12:04	PRELIM	U20	Men	60m
12:32	PRELIM	Open	Men	60m
	SESSION BREAK			
14:00	FINAL	U16	Women	300m
14:18	FINAL	U16	Men	300m
14:29	FINAL	U18	Women	400m
14:59	FINAL	U20	Women	400m
15:14	FINAL	Open	Women	400m
15:17	FINAL	U18	Men	400m
15:35	FINAL	U20	Men	400m
15:59	FINAL	Open	Men	400m
16:11	FINAL	U20 / Open	Men	HEPTA 1000m
16:20	FINAL	U16	Women	60m
16:25	FINAL	U18	Women	60m
16:30	FINAL	U20	Women	60m
16:35	FINAL	Open	Women	60m
16:40	FINAL	U16	Men	60m

16:45	FINAL	U18	Men	60m
16:50	FINAL	U20	Men	60m
16:55	FINAL	Open	Men	60m
17:05	FINAL	U16	Women	4 x 400m
17:17	FINAL	U18	Women	4 x 400m
17:29	FINAL	U20 / Open	Women	4 x 400m
17:41	FINAL	U18	Men	4 x 400m
17:53	FINAL	U20	Men	4 x 400m
18:05	FINAL	Open	Men	4 x 400m
	END OF DAY			



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FIELD – DAY 3 (SUNDAY – 03-17-2024)

FINAL – AS OF MARCH 14TH (8:30 a.m.)

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
8:00	FINAL	U18	Men	Long Jump / Saut en longueur
9:30	FINAL	U20 / Open	Men	HEPTA Pole Vault / Saut à la perche
10:00	FINAL	U18 / U20 / Open	Men	High Jump / Saut en hauteur
10:00	FINAL	U20 / Open	Men	Shot Put / Lancer du poids
10:15	FINAL	Open	Men	Long Jump / Saut en longueur
11:45	FINAL (inside)	U20	Men	Long Jump / Saut en longueur
11:45	FINAL (Outside)	U16	Men	Long Jump / Saut en longueur
13:00	FINAL	U16 / U18	Men	Shot Put / Lancer du poids
13:00	FINAL	U16 / U18 / U20 / Open	Women	Pole Vault / Saut à la perche
13:30	FINAL	U20 / Open	Women	Triple Jump / Triple Saut
14:00	FINAL	U18 / U20 / Open	Women	High Jump / Saut en hauteur
15:30	FINAL	U16 / U18	Women	Triple Jump / Triple Saut
	END OF DAY			