

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
9:20	FINAL	Para FAU / WC	H / M	5000m FAU / WC
9:40	DEC	U20	H / M	DEC 100m
9:50	DEC	Senior	H / M	DEC 100m
10:05	QUALIF	U20	F / W	400m
10:25	QUALIF	U20	H / M	400m
11:03	QUALIF	Senior + Para AMB SF	F / W	400m
11:29	QUALIF	Senior + Para AMB SF	H / M	400m
12:07	QUALIF	U20	F / W	100m
12:23	QUALIF	U20	H / M	100m
12:39	QUALIF	Senior + Para AMB SF	F / W	100m
12:59	QUALIF	Senior + Para AMB SF	H / M	100m
SESSION BREAK / PAUSE DE SESSION				
16:40	OPENING CEREMONY CÉRÉMONIE D'OUVERTURE			
17:30	QUALIF	U20	H / M	1500m
17:54	SEMI FINAL	Para FAU / WC	F / W	400 FAU / WC
18:03	SEMI FINAL	Para FAU / WC	H / M	400 FAU / WC
18:15	QUALIF	Senior	F / W	800m
18:36	QUALIF	Senior	H / M	800m
19:08	QUALIF	U20	H / M	400m haies / hurdles
19:18	DEC	U20	H / M	DEC 400m
19:30	DEC	Senior	H / M	DEC 400m
END OF DAY / FIN DE JOURNÉE				

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
10:00	FINAL	Para Assis / Seated	H / M	Seated Discus / Disque assis
11:00	QUALIF	U20	H / M	Disque / Discus
10:30	DEC	Senior	H / M	DEC Longueur / Long Jump
10:30	DEC	U20	H / M	DEC Longueur / Long Jump
13:00	DEC	Senior	H / M	DEC Poids / Shot Put (inside)
13:00	DEC	U20	H / M	DEC Poids / Shot Put (outside)
SESSION BREAK / PAUSE DE SESSION				
17:00	FINAL	Para Assis / Seated	F / W	Seated Discus / Disque assis
17:00	DEC	U20 & Senior	H / M	DEC Hauteur / High Jump
17:30	QUALIF	U20	H / M	Javelot / Javelin
19:00	QUALIF	U20	H / M	Triple Saut / Triple Jump
END OF DAY / FIN DE JOURNÉE				

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
9:30	FINAL	Senior	H / M	DEC 110m haies / hurdles
9:50	FINAL	U20	H / M	DEC 110m haies / hurdles
10:05	QUALIF	Senior	F / W	1500m
10:21	QUALIF	Senior	H / M	1500m
10:50	QUALIF	U20	F / W	800m
11:04	QUALIF	U20	H / M	800m
11:46	SEMI FINAL	U20	F / W	400m
12:04	SEMI FINAL	U20	H / M	400m
12:22	SEMI FINAL	Senior	F / W	400m
12:40	SEMI FINAL	Senior	H / M	400m
SESSION BREAK / PAUSE DE SESSION				
17:30	FINAL	Para FAU / WC	F / W	400 FAU / WC
17:37	FINAL	Para FAU / WC	H / M	400 FAU / WC
17:45	FINAL	U20	F / W	5000m
18:05	FINAL	U20	H / M	5000m
18:30	FINAL	Senior	F / W	5000m (B)
18:50	FINAL	Senior & Para AMB	H / M	5000m (B)
19:10	FINAL	U20 & Senior	F / W	3000m SC Presented by Ottawa Print Services
19:25	FINAL	U20	H / M	3000m SC
19:40	FINAL	Senior	H / M	3000m SC Presented by Ottawa Print Services
19:55	DEC	U20	H / M	DEC 1500m
20:05	DEC	Senior	H / M	DEC 1500m
20:20	FINAL	Senior	F / W	5000m (A) Presented By Flying Monkeys
20:40	FINAL	Senior	H / M	5000m (A) Presented By Flying Monkeys
END OF DAY / FIN DE JOURNÉE				

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
9:30	QUALIF	U20	F / W	Marteau / Hammer Throw
10:00	QUALIF	U20	H / M	Hauteur / High Jump
10:00	QUALIF	U20	F / W	Longueur / Long Jump
10:30	DEC	U20	H / M	DEC Disque / Discus
11:45	FINAL	U20	F / W	Poids / Shot Put
12:00	QUALIF	U20	H / M	Longueur / Long Jump
12:00	DEC	Senior	H / M	DEC Disque / Discus
12:30	DEC	U20	H / M	DEC Perche / Pole Vault
14:00	DEC	Senior	H / M	DEC Perche / Pole Vault
SESSION BREAK / PAUSE DE SESSION				
16:45	DEC	U20	M / H	DEC Javelin / Javelot
17:00	FINAL	U20	M / H	Hammer Throw / Marteau
17:45	QUALIF	Senior	M / H	Long Jump / Longueur (2 pits)
18:15	DEC	Senior	M / H	DEC Javelin / Javelot
18:30	QUALIF	Senior	M / H	Pole Vault / Perche
19:05	FINAL	Senior	W / F	Hammer Throw / Marteau
19:55	FINAL	Senior	M / H	Discus / Disque
20:00	QUALIF	Senior	W / F	Long Jump / Longueur (2 pits)
END OF DAY / FIN DE JOURNÉE				

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
9:00	HEP	U20	F / W	HEP 100m haies / hurdles
9:15	HEP	Senior	F / W	HEP 100m haies / hurdles
9:30	QUALIF	U20	F / W	100m haies / hurdles
9:45	SEMI FINAL	Para FAU / WC	F / W	100m FAU / WC
9:55	SEMI FINAL	Para FAU / WC	H / M	100m FAU / WC
10:10	SEMI FINAL	U20	F / W	1500m
10:27	SEMI FINAL	U20	H / M	1500m
10:44	FINAL	Para FAU / WC	F / W	1500m FAU / WC
10:54	FINAL	Para FAU / WC	H / M	1500m FAU / WC
11:05	SEMI FINAL	U20	F / W	400m haies / hurdles
11:20	SEMI FINAL	Senior	F / W	400m haies / hurdles
11:33	SEMI FINAL	U20	H / M	400m haies / hurdles
11:48	SEMI FINAL	Senior	H / M	400m haies / hurdles
12:05	FINAL	Para CPS / FR	H / M	100m
SESSION BREAK / PAUSE DE SESSION				
16:00	FINAL	Para AMB	F / W	400m AMB
16:06	FINAL	Para AMB	H / M	400m AMB
16:12	FINAL	U20	F / W	400m
16:18	FINAL	U20	H / M	400m
16:24	FINAL	Senior	F / W	400m Presented by Government of Ontario
16:30	FINAL	Senior	H / M	400m Presented by Government of Ontario
16:36	SEMI FINAL	U20	F / W	100m
16:54	SEMI FINAL	U20	H / M	100m
17:12	SEMI FINAL	Senior	F / W	100m
17:30	SEMI FINAL	Senior	H / M	100m
17:48	FINAL	Para FAU / WC	F / W	100m FAU / WC
17:54	FINAL	Para FAU / WC	H / M	100m FAU / WC
18:03	SEMI FINAL	Senior	F / W	800m
18:18	SEMI FINAL	Senior	H / M	800m
18:33	HEP	U20	F / W	HEP 200m
18:43	HEP	Senior	F / W	HEP 200m
18:58	FINAL	Para AMB	F / W	100m AMB
19:04	FINAL	Para AMB	H / M	100m AMB
19:13	FINAL	U20	F / W	100m
MORE ON NEXT PAGE				

WC – Wheelchair | AMB – Ambulatory | SC – Steeplechase | HEP – Heptathlon | DEC – Decathlon | M – Men | W – Women

FAU – Fauteuil | AMB – Ambulatoire | SC – Steeplechase | HEP – Heptathlon | DEC – Décathlon | H – Homme | F – Femme

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
19:19	FINAL	U20	H / M	100m
19:25	FINAL	Senior	F / W	100m <i>Presented By Bell</i>
19:31	FINAL	Senior	H / M	100m <i>Presented By Bell</i>
END OF DAY / FIN DE JOURNÉE				

FIELD / TERRAIN | FRIDAY / VENDREDI - 08/01/2025

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
9:00	FINAL	Para AMB	F / W	Poids AMB / Shot Put AMB
9:00	FINAL	Para Assis / Seated	H / M	Javelot / Javelin
9:00	QUALIF	Senior	H / M	Triple Saut / Triple Jump
10:00	QUALIF	Senior	F / W	Perche / Pole Vault
10:05	FINAL	U20	H / M	Disque / Discus
10:15	HEP	U20 & Senior	F / W	Hauteur / High Jump
10:45	FINAL	Para AMB	H / M	Poids AMB / Shot Put AMB
11:00	QUALIF	Senior	F / W	Triple Saut / Triple Jump
SESSION BREAK / PAUSE DE SESSION				
15:45	HEP	U20	F / W	HEP Poids / Shot Put
16:00	FINAL	Para Assis / Seated	F / W	Seated Javelin / Javelot assis
16:00	FINAL	U20	F / W	Javelot / Javelin
17:00	HEP	Senior	F / W	HEP Poids / Shot Put
17:00	FINAL	U20	F / W	Marteau / Hammer Throw
17:05	FINAL	U20	H / M	Perche / Pole Vault
17:50	FINAL	U20	H / M	Longueur / Long Jump
17:55	FINAL	U20	F / W	Longueur / Long Jump
18:15	FINAL	Senior & Para AMB	F / W	Javelot / Javelin
18:30	FINAL	Senior	F / W	Poids / Shot Put
END OF DAY / FIN DE JOURNÉE				

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
7:00	FINAL	U20 & Senior	F / W & H / M	10km & 20km Marche / RW
10:00	SEMI FINAL	Para FAU / WC	F / W	200m FAU / WC
10:08	SEMI FINAL	Para FAU / WC	H / M	200m FAU / WC
10:16	QUALIF	U20	F / W	200m
10:36	QUALIF	U20	H / M	200m
11:04	QUALIF	Senior + Para AMB SF	F / W	200m
11:24	QUALIF	Senior + Para AMB SF	H / M	200m
12:17	FINAL	U20	F / W	400m haies / hurdles
12:23	FINAL	Senior	F / W	400m haies / hurdles
12:32	FINAL	U20	H / M	400m haies / hurdles
12:38	FINAL	Senior	H / M	400m haies / hurdles
12:47	FINAL	U20	F / W	1500m
12:55	FINAL	U20	H / M	1500m
13:06	SEMI FINAL	Para FAU / WC	F / W	800m FAU / WC
13:13	SEMI FINAL	Para FAU / WC	H / M	800m FAU / WC
13:27	QUARTER FINAL	U20	H / M	200M
SESSION BREAK / PAUSE DE SESSION				
17:00	FINAL	Para FAU / WC	F / W	200m FAU / WC
17:05	FINAL	Para FAU / WC	H / M	200m FAU / WC
17:15	SEMI FINAL	U20	F / W	100m haies / hurdles
17:36	SEMI FINAL	Senior	F / W	100m haies / hurdles
18:02	SEMI FINAL	U20	H / M	110m haies / hurdles
18:25	SEMI FINAL	Senior	H / M	110m haies / hurdles
18:48	SEMI FINAL	Senior	F / W	1500m
19:04	SEMI FINAL	Senior	H / M	1500m
19:25	SEMI FINAL	U20	F / W	800m
19:46	SEMI FINAL	U20	H / M	800m
20:07	TEAM CANADA RECOGNITION CEREMONY CÉRÉMONIE DE RECONNAISSANCE DE L'ÉQUIPE CANADA			
20:19	FINAL	U20	F / W	HEP 800m
20:33	FINAL	Senior	F / W	HEP 800m
20:53	FINAL	U20	F / W	100m haies / hurdles
21:00	FINAL	Senior	F / W	100m haies / hurdles Presented By Organika
21:12	FINAL	U20	H / M	110m haies / hurdles
21:21	FINAL	Senior	H / M	110m haies / hurdles Presented By Organika
MORE ON NEXT PAGE				

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FAU – Fauteuil | AMB – Ambulatoire | SC – Steeplechase | HEP – Heptathlon | DEC – Décathlon | H – Homme | F – Femme

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
21:28	FINAL	Para AMB	H / M	800m AMB
21:35	FINAL	Senior	F / W	800m <i>Presented by Ottawa Tourism</i>
21:42	FINAL	Senior	H / M	800m <i>Presented by Ottawa Tourism</i>
END OF DAY / FIN DE JOURNÉE				

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
10:00	HEP	Senior	F / W	HEP Longueur / Long Jump
10:00	HEP	U20	F / W	HEP Longueur / Long Jump
10:00	FINAL	Para AMB	H / M	Disque AMB / Discus AMB
10:00	QUALIF	U20	H / M	Poids / Shot Put
10:00	FINAL	Para Assis / Seated	F / W	Seated Shot Put / Poids Assis
11:00	FINAL	U20	F / W	Perche / Pole Vault
11:35	HEP	U20	F / W	HEP Javelot / Javelin
12:00	FINAL	U20	H / M	Hauteur / High Jump
12:30	FINAL	Senior & Para AMB	F / W	Longueur / Long Jump (Sr. + AMB)
13:05	HEP	Senior	F / W	HEP Javelot / Javelin
SESSION BREAK / PAUSE DE SESSION				
17:00	FINAL	U20	F / W	Hauteur / High Jump
17:05	FINAL	U20	H / M	Triple Saut / Triple Jump
17:10	FINAL	Para AMB	F / W	Disque AMB / Discus AMB
17:15	FINAL	Para Assis / Seated	H / M	Seated Shot Put / Poids Assis
17:30	FINAL	Para AMB	H / M	Longueur / Long Jump
18:45	FINAL	Senior	F / W	Disque / Discus
18:50	FINAL	Senior	H / M	Marteau / Hammer Throw
19:00	FINAL	Senior	H / M	Perche / Pole Vault
19:45	FINAL	Senior	F / W	Hauteur / High Jump
19:50	FINAL	Senior	H / M	Longueur / Long Jump
20:00	FINAL	U20	F / W	Triple Saut / Triple Jump
20:30	FINAL	Senior & Para AMB	H / M	Javelot / Javelin
END OF DAY / FIN DE JOURNÉE				

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
9:00	FINAL	U20	F / W	3000m (B)
9:15	FINAL	U20	H / M	3000m (B)
9:30	FINAL	U20	F / W	3000m (A)
9:45	FINAL	U20	H / M	3000m (A)
10:00	SEMI FINAL	U20	F / W	200m
10:15	SEMI FINAL	U20	H / M	200m
10:30	SEMI FINAL	Senior	F / W	200m
10:45	SEMI FINAL	Senior	H / M	200m
11:03	FINAL	Para FAU / WC	F / W	800m FAU / WC
11:10	FINAL	Para FAU / WC	H / M	800m FAU / WC
11:17	FINAL	U20	F / W	800m
11:24	FINAL	U20	H / M	800m
11:47	ATHLETICS CANADA AWARDS CEREMONY CÉRÉMONIE DE REMISE DES PRIX D'ATHLÉTISME CANADA			
11:40	FINAL	Para AMB	F / W	1500m AMB
11:48	FINAL	Para AMB	H / M	1500m AMB
11:56	FINAL	Senior	F / W	1500m Presented By Government of Canada
12:04	FINAL	Senior	H / M	1500m Presented By Government of Canada
SESSION BREAK / PAUSE DE SESSION				
13:30	FINAL	Para AMB	F / W	200m AMB
13:36	FINAL	Para AMB	H / M	200m AMB
13:42	FINAL	U20	F / W	200m
13:48	FINAL	U20	H / M	200m
13:54	FINAL	Senior	F / W	200m Presented By Nike
14:00	FINAL	Senior	H / M	200m Presented By Nike
14:09	FINAL	U20	F / W	4x400m
14:17	FINAL	U20	H / M	4x400m
14:33	FINAL	Senior	F / W	4x400m
14:41	FINAL	Senior	H / M	4x400m
15:05	FINAL	U20	F / W	4x100m
15:12	FINAL	U20	H / M	4x100m
15:19	FINAL	Senior	F / W	4x100m
15:26	FINAL	Senior	H / M	4x100m
END OF DAY / FIN DE JOURNÉE				

WC – Wheelchair | AMB – Ambulatory | SC – Steeplechase | HEP – Heptathlon | DEC – Decathlon | M – Men | W – Women

FAU – Fauteuil | AMB – Ambulatoire | SC – Steeplechase | HEP – Heptathlon | DEC – Décathlon | H – Homme | F – Femme

FIELD / TERRAIN | SUNDAY / DIMANCHE - 08/03/2025

TIME / HEURE	ROUND / RONDE	CATEGORY / CATÉGORIE	SEX / SEXE	EVENT / ÉPREUVE
9:30	FINAL	Senior	F / W	Triple Saut / Triple Jump
10:00	FINAL	U20	F / W	Disque / Discus
10:30	FINAL	U20	H / M	Poids / Shot Put
10:45	FINAL	Senior	F / W	Perche / Pole Vault
11:45	FINAL	Senior	H / M	Hauteur / High Jump
12:00	FINAL	Senior	H / M	Triple Saut / Triple Jump
12:15	FINAL	U20	H / M	Javelot / Javelin
12:40	FINAL	Senior	H / M	Poids / Shot Put
END OF DAY / FIN DE JOURNÉE				