

# **2017 Butterdome Start Lines & Notes**

50m, 60m, 150m, 200m & 300m (including hurdle events) Solid white lines as shown on the track diagram

**100m** White/**black**/white lines at end of back straight.

400m & 600m White/blue/white start lines with a two turn cut-in.

**800m** White/**green**/white start lines with a one turn cut-in. With the agreement of all parties, this event may start without lanes using a waterfall start line. In addition, for larger fields, the athletes may be separated into two groups with 65% of the field using the regular arced start line and 35% using a second arced start line on the outer portion of the track. 800m run in this fashion would be a one turn cut-in.

**<u>1,000m to 3,000m</u>** A group start using the waterfall white start lines in the positions indicated on the track diagram.

Note that both waterfall start lines on this track have second, arced start lines marked in the outer lanes.

<u>**4 x 200m Relay</u>** White/**red**/white start line, with a three turn cut-in. First exchange is in lanes, the  $2^{nd}$  and  $3^{rd}$  exchanges are not done in lanes.  $3^{rd}$  and  $4^{th}$  runners place themselves in the order of the athletes at the 100m corner and that order must then not be changed. Athletes may however move inside to vacant lanes as long as the order is not changed. The first, in lanes exchange zone is marked by red hooks. The second and third, not in lanes, exchange zone is marked with blue lines.</u>

<u>**4 x 400m Relay**</u> White/**blue**/white start line with a two turn cut-in.

**<u>4 x 800m Relay</u>** White/green/white with a one turn cut-in.

<u>**4 x 100m Relay</u>** Use white/**blue**/white start line with a two turn cut-in. First exchange is in lanes at the end of the back straight,  $2^{nd} \& 3^{rd}$  exchanges, not in lanes. In lanes and not in lanes exchange zones on the back straight are marked with yellow hooks and/or lines.</u>

Break/cut- in lines at the Butterdome, at the beginning of the back and finish straight, are green.

Schedule (as of January 23 2210h)



### **Combined Events Summary**

This finalized version of the schedule will be provided to coaches at Registration. Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

#### **Under-16 Women Pentathlon**

Day 2

#### **Under-16 Men Pentathlon**

ay 2	Sunday	5	competitors		Day 1	Saturday	5	competitors	
60m	High Jump	Shot Put	Long Jump	800m	60m	Long Jump	Shot Put	High Jump	1000m
09:20	10:00	11:45	13:00	14:23	09:28	10:05	11:45	13:15	14:45
total time	01:05	00:25	00:25		total time	00:40	00:40	01:00	
lunch		15:00			lunch		15:00		

#### **Under-18 Women Pentathlon**

Day	/ 2	Sunday	4	competitors		Day 1	Saturday
60r	n Hurdles	High Jump	Shot Put	Long Jump	800m	60m Hurdles	Long Jump
	09:25	10:10	12:05	13:55	14:55	09:15	10:05
to	tal time	01:15	00:30	00:30		total time	00:40
	lunch		15:00			lunch	

#### time 00:40 00:40 ch 15:00

**Under-20 Men Heptathlon** 

**Senior Men Heptathlon** 

**Under-18 Men Pentathlon** Saturday

2 competitors

High Jump

13:15

01:00

1000m

14:45

Shot Put

11:45

#### **Under-20 Women Pentathlon**

Day 2	Sunday	4 competitors		Day 1	Saturday	1	competitor	Sunday			
60m Hurdles	High Jump	Shot Put	Long Jump	800m	60m	Long Jump	Shot Put	High Jump	60m Hurdles	Pole Vault	1000m
09:35	10:10	12:05	13:55	14:55	09:25	10:05	11:45	13:15	10:00	10:25	11:51
total time	01:15	00:30	00:30		total time	00:40	00:40	01:25		00:55	

#### **Senior Women Pentathlon**

Day 2	Sunday			Day 1	Saturday	1	competitor	Sunday			
60m Hurdles	High Jump	Shot Put	Long Jump	800m	60m	Long Jump	Shot Put	High Jump	60m Hurdles	Pole Vault	1000m
09:35	10:10	12:05	13:55	14:55	09:25	10:05	11:45	13:15	10:00	10:25	11:51
total time	01:15	00:30	00:30		total time	00:40	00:40	01:25		00:55	

#### **Masters Women Pentathlon**

#### **Masters Men Pentathlon**

Day 2	Sunday	3	3 competitors		Day 1	Saturday	2	2 competitors	
60m Hurdles	High Jump	Shot Put	Long Jump	800m	60m Hurdles	Long Jump	Shot Put	High Jump	1000m
09:20	10:00	11:45	13:00	14:23	09:20	10:05	11:45	13:15	14:45
total time	01:05	00:25	00:25		total time	00:40	00:40	01:00	

Schedule (as of January 23 2210h)



### Combined Events Summary

This finalized version of the schedule will be provided to coaches at Registration.

Athletes should be in the Pavilion at least <u>one hour</u> before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Day 1	Saturday	3	competitors	Sunday		
60m	Long Jump	Shot Put	High Jump	60m Hurdles	Pole Vault	1000m
09:25	10:05	00:40	01:00	10:00	10:25	11:51
total time	00:00	00:15	00:00		00:55	
lunch		15:00				

#### **Masters Men Heptathlon**

# PROVINCIAL CHAMPIONSHIP

### Track Schedule (as of January 24 1035h)

This finalized version of the schedule can be accessed from https://www.ellistiming.ca/AIG/ .

Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

Satu	ırday, January 25, 2025				aturday s Friday ev		is <u>tenta</u> t	tive and	subject to scratches/changes
Time MST	Track Events			Max Lanes per		Total	Athlete Must Check in	Athlete Must Be in Call Room	
00.15	60m Hurdles Pentathlon - Under-18 Men	E	Entries 2	Heat 8	Heats 1	Minutes 5:00	Before 08:55	Before 09:00	Advancement or Note 0.91m. 13.72m to first, then every
	60m Hurdles Pentathlon - Masters Men		2	8	1	5:00	09:00		9.14m (blue marks). 1-3: 0.99 13.72, 9.14 (blue). 4-6: 0.84m. 12m to first, then every 8m (green marks).
09:25	60m Heptathlon - U20, Senior, Masters Men		5	10	1	3:00	09:05	09:10	, , ,
	60m Pentathlon - Under-16 Men		3	10	1	3:00	09:08	09:13	
	60m Tetrathlon - Under-14 Girls		35	10	4	10:00	09:11	09:16	
	60m Tetrathlon - Under-14 Boys		16	10	2	5:00	09:21	09:26	
	60m Tetrathlon - Under-12 Girls		22	10	3	7:30	09:26	09:31	
	60m Tetrathlon - Under-12 Boys + U10 Boy		18	10	2	5:00	09:33	09:38	
	60m Tetrathlon - Under-10 Girls		6	10	1	2:30	09:33	09:38	
	bom retrathion - Onder-To Gins		0	10	I		09.30	09.43	
10:01	2000m Timed Finale Mamon All A		10	40	4	4:00	00.45	00.50	
	3000m Timed Finals - Women All Age Groups		10	13	1	14:00	09:45	09:50	
	3000m Timed Finals - Men All Age Groups		5	13	1	13:00	09:59	10:04	
	2000m Timed Finals - Under-16 Women		2	13	1	11:00	10:12	10:17	
	2000m Timed Finals - Under-16 Men		7	13	1	9:00	10:23	10:28	
10:52						4:00			
10:56	60m Heats - Under-16 Women	Full	24	8	3	9:00	10:36		Top 2 + 2 going to 1 race (8)
11:05	60m Heats - Under-16 Men		10	8	2	6:00	10:45		Top 3 + 2 going to 1 race (8)
11:11	60m Heats - Under-18 Women		33	10	4	12:00	10:51	10:56	Top 3 + 6 going to 2 races (18)
11:23	60m Heats - Under-18 Men		15	8	2	6:00	11:03	11:08	Top 3 + 2 going to 1 race (8)
11:29	60m Heats - Under-20 Women	Full	9	9	1	3:00	11:09	11:14	2 rounds; all advance to Final
11:32	60m Heats - Under-20 Men	Full	16	8	2	6:00	11:12	11:17	Top 3 + 2 going to 1 race (8)
11:38	60m Heats - Senior Women		2	8	1	3:00	11:18	11:23	2 rounds; all advance to Final
11:41	60m Heats - Senior Men		5	8	1	3:00	11:21	11:26	2 rounds; all advance to Final
11:44	60m Final - Masters Women		4	8	1	3:15	11:24	11:29	Final
11:47	60m Final - Masters Men		6	8	1	3:15	11:27	11:32	Final
11:50			-			4:00			
	300m Timed Finals - Under-10 Girls		6	13	1	4:00	11:34	11.39	Waterfall start
	300m Timed Finals - Under-10 Boys		1	13	1	4:00	11:38		Waterfall start
	1500m Race Walk - Women All Age Groups		2	13	1	14:00	11:42	11:47	
12:16	BREAK		~	10	•	35:00	11.12		
	60m Final - Under-16 Women		8	8	1	3:15	12:35	12:40	
	60m Final - Under-16 Men		8	8	1	3:15	12:33	12:40	
				-					A/B Final
	60m Final - Under-18 Women 60m Final - Under-18 Men		18	9 8	2 1	6:30	12:41	12:46	
			8	-		3:15	12:48		
	60m Final - Under-20 Women		9	9	1	3:15	12:51	12:56	
	60m Final - Under-20 Men		8	8	1	3:15	12:54	12:59	
	60m Final - Senior Women		8	8	1	3:15	12:57	13:02	
	60m Final - Senior Men		8	8	1	3:15	13:01	13:06	
13:24						4:00			
	4x200m Relays - U12, U14 Boys		4	12	1	5:00	13:08		Waterfall start
	4x200m Relays - U10, U14 Girls		6	12	1	5:00	13:13		Waterfall start
	600m Timed Finals - Under-16 Women		11	5	3	13:30	13:18		Lanes 2-6
	600m Timed Finals - Under-16 Men		6	5	2	9:00	13:31		Lanes 2-6
14:00	600m Timed Finals - Under-18 Women		13	5	3	13:30	13:40	13:45	Lanes 2-6

Printed 2025-01-24 10:36

#### Track Schedule (as of January 24 1035h)



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Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Please do NOT use tape on the Universiade Pavilion surface (track nor field).

#### Saturday, January 25, 2025

**Note:** The Saturday schedule is <u>tentative</u> and subject to scratches/changes received by Friday evening.

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Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Total Minutes	Athlete Must Check in Before		Advancement or Note
14:14	600m Timed Finals - Under-18 Men	18	5	4	18:00	13:54	13:59	Lanes 2-6
14:32	600m Timed Finals - Under-20 Women	7	5	2	9:00	14:12	14:17	Lanes 2-6
14:45	1000m Men Pent U16 U18 Masters	7	10	1	5:00	14:25	14:30	
14:50	600m Timed Finals - Under-20, Senior Men	16	5	4	18:00	14:30	14:35	Lanes 2-6
15:08	400m Timed Finals - Masters Women, Men	3	5	1	4:00	14:48	14:53	Lanes 2-6
15:12					4:00			
15:16	200m Timed Finals - Under-16 Women	22	5	5	20:00	14:56	15:01	Lanes 2-6
15:36	200m Timed Finals - Under-16 Men	12	5	3	12:00	15:16	15:21	Lanes 2-6
15:48	200m Timed Finals - Under-18 Women	31	5	7	28:00	15:28	15:33	Lanes 2-6
16:16	200m Timed Finals - Under-18 Men	13	5	3	12:00	15:56	16:01	Lanes 2-6
16:28	200m Timed Finals - Under-20 Women	7	5	2	8:00	16:08	16:13	Lanes 2-6
	200m Timed Finals - Senior Women	1						
16:36	200m Timed Finals - Under-20 Men	11	5	3	12:00	16:16	16:21	Lanes 2-6
16:48	200m Timed Finals - Senior Men	3	5	1	4:00	16:28	16:33	Lanes 2-6
16:52					4:00			
16:56	600m Tetrathlon - Under-12 Girls	22	12	2	9:00	16:36	16:41	Waterfall start
	600m Tetrathlon - Under-12 Boys	17	12	2	9:00	16:45	16:50	Waterfall start
17:14	600m Tetrathlon - Under-14 Girls	35	12	3	13:30	16:54	16:59	Waterfall start
17:27	600m Tetrathlon - Under-14 Boys	16	12	2	9:00	17:07	17:12	Waterfall start
17:36	4x800m Relay - Women (All Age Groups)	3	6	1	15:00	17:16	17:21	Lanes 2-7
17:51	4x800m Relay - Men (All Age Groups)	5	6	1	15:00	17:31	17:36	Lanes 2-7
18:06	End of Day's Competition			107				

#### Field Schedule (as of January 23 2210h)



### Saturday, January 25, 2025

**Note**: The Saturday schedule is <u>tentative</u> and subject to scratches/changes received by Friday evening. This finalized version of the schedule can be accessed from https://www.ellistiming.ca/AIG/ . Athletes should be in the Pavilion at least <u>one hour</u> before the indicated time.

								1	
Event	Warm-				Event	Warm-			
Start	Up			Expected	Start	Up			Expected
Time MST	Start	Field Events	E a faile a	Total Time	Time MST	Start	Field Events	Fatrica	Total Time
M21	Time		Entries	H:MM	MS1	Time		Entries	H:MM
		Long/Triple Jump (Centre Pit)					Long Jump (Wall Pit)		
10:05		Heptathlon, Pentathlon Men	12	01:06	10:15		U14 Girls Tetrathlon Long Jump Flight 1	18	01:10
11:10	10:45		13	01:29	11:30	11:00	U14 Girls Tetrathlon Long Jump Flight 2	17	01:08
12:15	12:15	Break		00:30	12:40	12:10	U14 Boys Tetrathlon Long Jump	16	01:06
13:10	12:50	Men Triple Jump	7	01:03	13:20	13:20	Break		00:30
14:20	13:55	U18 Women Long Jump	12	01:24	14:15	13:55	U12 Girls Tetrathlon Long Jump Flight 1	11	00:46
15:45	15:20	U20 / Senior / Masters Women Long Jump	13	01:29	15:05	14:45	U12 Girls Tetrathlon Long Jump Flight 2	11	00:46
16:50		End of Day's Competition			16:05	15:35	U12 Boys Tetrathlon Long Jump	17	01:08
					16:45		End of Day's Competition		
		Standing Long Jump (Near Wall	Pit)						
10:15	10:05	U10 Girls, Boys Tetrathlon	7	00:19					
10:25		End of Day's Competition							
		High Jump (Centre Mat)					High Jump (West Mat)		
09:10	09:00	U16 Men	4	00:44	13:15	12:45	Pentathlon Men	7	01:26
10:00	09:45	U18 / U20 / Senior Men	6	01:03	14:15		End of Day's Competition		
10:50	10:50	Break		00:30			•		
13:15	12:45	Heptathlon Men	5	01:50			Pole Vault		
14:40		End of Day's Competition			12:15	11:30	Open Women <= 3.0 metres	8	02:05
					13:40		End of Day's Competition		
•							· · · · · · · · · · · · · · · · · · ·		<u>.</u>
		Shot Put and Weight Throw (Cer	ntre C	ircle)			Shot Put (West Circle)		
09:00	08:45	U18 Women Weight Throw	8	01:04	09:00	08:50	U10 Girls, Boys Tetrathlon	7	00:26
09:55	09:50	U16 / Masters Women Weight Throw	4	00:30	10:10	09:55	U12 Girls Tetrathlon Flight 1	11	00:41
10:35	10:25	U20 / Senior Women Weight Throw	6	00:48	10:55	10:40	U12 Girls Tetrathlon Flight 2	11	00:41
11:45	11:15	Heptathlon/Pentathlon Men Shot Put	12	01:06	11:50	11:25	U12 Boys Tetrathlon	17	01:03
12:25	12:25	Break		00:30	12:30	12:30	Break		00:30
13:10	13:00	U16 / U18 Men Shot Put	6	00:45	14:05	13:40	U14 Girls Tetrathlon Flight 1	18	01:07
14:15	13:50	U14 Boys Tetrathlon Shot Put	16	01:00	15:15	14:50	U14 Girls Tetrathlon Flight 2	17	01:03
15:20	14:55	Masters Men Shot Put	8	01:12	16:00	15:55	Paralympic Men	1	00:09
16:20	16:10	U20 / Senior Men Shot Put	5	00:40	16:05		End of Day's Competition		
16:55		End of Day's Competition							

### Track Schedule (as of January 24 1035h)



### Sunday, January 26, 2025

**Note**: The Sunday schedule is <u>tentative</u> and subject to scratches/changes received by Saturday afternoon.

This finalized version of the schedule can be accessed from https://www.ellistiming.ca/AIG/ .

Athletes should be in the Pavilion at least one hour before the indicated "Check in Before" time.

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Total Minutes	Athlete Must Check in Before	Before	Advancement or Note
09:15	60m Pentathlon - Under-16 Women	5	8	1	5:00	08:55		
	60m Hurdles Pentathlon - Masters Women 60+	3	8	1	5:00	09:00		Lanes 2, 4, 6: 0.69m. 12m to first, then every 7m (red marks).
09:25	60m Hurdles Pentathlon - Under-18 Women	4	8	1	5:00	09:05		0.76m. 13m to first, then every 8.5m (yellow marks).
09:30	60m Hurdles Heats - Under-18 Women	5	8	1	5:00	09:10	09:15	Lanes 1-6: 0.76m. 13m to first, then every 8.5m (yellow marks).
	60m Hurdles Heats - Under-16 Women	1						Lanes 7-8: 0.76, 12, 8 green
09:35	60m Hurdles Pentathlon - Under-20, Senior Women	5	8	1	5:00	09:15	09:20	0.84m. 13m to first, then every 8.5m (yellow marks).
	60m Hurdles Heats - Under-20 Women	1						0.84m. 13m to first, then every 8.5m (yellow marks).
09:40	60m Hurdles Heats - Under-16 Men	2	8	1	5:00	09:20	09:25	Lanes 1-3: 0.84, 13, 8.5 yellow
	60m Hurdles Heats - Under-18 Men	3						Lanes 5-8: 0.91, 13.72, 9.14 blue
09:45	60m Hurdles Heats - Under-20 Men	2	8	1	5:00	09:25	09:30	Lanes 1-4: 0.99, 13.72, 9.14 blue
	60m Hurdles Heptathlon - Under-20 Men	1						Lanes 1-4: 0.99, 13.72, 9.14 blue
	60m Hurdles Heptathlon - Senior Men	1						Lanes 6-8: 1.07, 13.72, 9.14 blue
	60m Hurdles Heats - Senior Men	1						Lanes 6-8: 1.07, 13.72, 9.14 blue
09.50	60m Hurdles Heptathlon - Masters Men	3	8	1	5:00	09:30	09.35	Lanes 1-2: 35-49: 0.99 13.72, 9.14 (blue). Lanes 4-5: 50-59: 0.91 13, 8.5 (yellow). Lanes 7-8: 70-79: 0.76m. 12m to first, then every 7m (red marks).
	60m Hurdles Finals - Masters Men	1						Lanes 4-5: 50-59: 0.91 13, 8.5 (yellow).
09:55					10:00			
10:05	800m Timed Finals - Masters Women/Men	2	12	1	5:00	09:45	09:50	
10:10	1000m Timed Finals - Women	9	10	1	5:00	09:50	09:55	
10:15	1000m Timed Finals - Under-18 Men Full	12	12	1	5:00	09:55	10:00	
10:20 10:25	1000m Timed Finals - Under-20, Senior Men	9	10	1	5:00 2:00	10:00	10:05	
10:27	60m Hurdles Final - Under-16 Men	2	8	1	5:00	10:07	10:12	Lanes 1-3: 0.84, 13, 8.5 yellow
	60m Hurdles Final - Under-18 Men	3						Lanes 5-8: 0.91, 13.72, 9.14 blue
10:32	60m Hurdles Final - Under-20 Men	2	8	1	5:00	10:12	10:17	Lanes 1-3: 0.99, 13.72, 9.14 blue
	60m Hurdles Final - Senior Men	1						Lanes 5-8: 1.07, 13.72, 9.14 blue
10:37	60m Hurdles Final - Under-16 Women	1	8	1	5:00	10:17	10:22	Lanes 1-2: 0.76, 12, 8 green
	60m Hurdles Final - Under-20 Women	1						Lanes 4-5: 0.84m. 13m to first, then every 8.5m (yellow marks).
10:42 10:47	60m Hurdles Final - Under-18 Women	5	8	1	5:00 4:00	10:22	10:27	0.76, 13, 8.5 yellow
	300m Timed Finals - Under-16 Women	9	6	2	8:00	10.31	10.36	Lanes 2-7
	300m Timed Finals - Under-16 Men	3	6	1	4:00			Lanes 2-7
	300m Timed Finals - Under-18 Women Full	20	5	4	16:00			Lanes 2-6
	300m Timed Finals - Under-18 Men	11	5	3	12:00			Lanes 2-6
	300m Timed Finals - Under-20 Women	4	5	3 1	4:00			Lanes 2-6 Lanes 2-6
	300m Timed Finals - Under-20 Men Full	4	5	2	8:00			Lanes 2-6
	300m Timed Finals - Senior Men	2	5 5	2 1	4:00	11:23		
11:43		2	5		4:00	11.23	11.20	Lanes 2-6
11.47					4.00			

#### Track Schedule (as of January 24 1035h)



### Sunday, January 26, 2025

**Note**: The Sunday schedule is <u>tentative</u> and subject to scratches/changes received by Saturday afternoon.

This finalized version of the schedule can be accessed from https://www.ellistiming.ca/AIG/ .

Athletes should be in the Pavilion at least <u>one hour</u> before the indicated "Check in Before" time.

Time MST	Track Events	Entries	Max Lanes per Heat	Heats	Total Minutes	Athlete Must Check in Before		Advancement or Note
11:51	1000m Heptathlon Men	5	13	1	6:00	11:31	11:36	
11:57	200m Timed Finals - Masters Women, Men	6	5	2	8:00	11:37	11:42	Lanes 2-6
12:05	BREAK				35:00			
12:40	150m Triathlon - Under-14 Girls Full	20	5	4	10:00	12:20	12:25	Lanes 2-6
12:50	150m Triathlon - Under-14 Boys	14	5	3	7:30	12:30	12:35	Lanes 2-6
12:57					4:00			
13:01	1500m Timed Finals - U18/U20 Women	8	13	1	8:00	12:41	12:46	
13:09	1500m Timed Finals - Under-18, Masters Men	11	13	1	8:00	12:49	12:54	
13:17	1500m Timed Finals - U20/Senior Men	5	13	1	9:00	12:57	13:02	
13:26	none		13	0	0:00	13:06	13:11	
13:26	1200m Timed Finals - Under-16 Women	11	11	1	8:00	13:06	13:11	
13:34	1200m Timed Finals - Under-16 Men	6	13	1	8:00	13:14	13:19	
	4x200m Timed Finals - U18/U16 Women	12	6	2	9:00	13:22	13:27	Lanes 2-7
13:51	4x200m Timed Finals - U20/Senior Women	6	6	1	4:30	13:31	13:36	Lanes 2-7
13:56	4x200m Timed Finals - U18/U20 Men	5	6	1	4:30	13:36	13:41	Lanes 2-7
14:00	4x200m Timed Finals - Senior Men	4	6	1	4:30	13:40	13:45	Lanes 2-7
14:05	4x400m Timed Finals - All Women	5	6	1	9:00	13:45	13:50	Lanes 2-7
14:14	4x400m Timed Finals - All Men	3	6	1	9:00	13:54	13:59	Lanes 2-7
14:23	800m Pentathlon Under-16, Masters Women	8	11	1	5:00	14:03	14:08	
14:28					25:00			
14:55	800m Pentathlon U18/U20/Senior Women	9	11	1	5:00	14:35	14:40	
15:00	End of Day's Competition			45				

### Field Schedule (as of January 23 2210h)



### Sunday, January 26, 2025

**Note**: The Sunday schedule is <u>tentative</u> and subject to scratches/changes received by Saturday evening. This finalized version of the schedule can be accessed from https://www.ellistiming.ca/AIG/ . Athletes should be in the Pavilion at least <u>one hour</u> before the indicated time.

Event	Warm-				Event	Warm-			
Start	Up				Start	Up			
Time	Start			Expected Total Time	Time	Start			Expected Total Time
MST	Time	Field Events	Entries	H:MM	MST	Time	Field Events	Entries	H:MM
		Long/Triple Jump (Centre Pit)					Long Jump (Wall Pit)		
09:40	09:00	Women Triple Jump	13	01:42	11:40	11:30	U18 Men Long Jump	6	00:48
11:10	10:45	U20 / Senior / Masters Men Long Jump	13	01:29	13:00	12:30	Pentathlon U16 / Masters Women Long Jump	8	00:54
12:25	12:15	U16 Men Long Jump	4	00:32	13:25		End of Day's Competition		
12:50	12:50	Break		00:30					
13:55	13:25	Pentathlon U18 / U20 Women Long Jump	9	00:57			High Jump (West Mat)		
14:25		End of Day's Competition			10:00	09:30	Pentathlon U16/Masters Women	8	01:34
					11:35	11:05	U14 Triathlon Boys	14	01:00
		High Jump (Centre Mat)			12:10	12:10	Break		00:35
10:10	09:40	Pentathlon U18/U20 Women	9	01:42	13:30	12:50	U14 Triathlon Girls	20	01:26
11:40	11:25	U16 / U18 Women	8	01:28	14:20		End of Day's Competition		
12:55	12:55	Break		00:35					
13:45	13:35	U20 / Senior Women	5	00:50			Pole Vault		
14:30		End of Day's Competition			10:25	09:55	Heptathlon Men	5	01:20
					12:05	11:20	Open Men	6	01:45
					13:10		End of Day's Competition		

Shot Put and Weight Throw (Centre Circle)					Shot Put (West Circle)				
09:05	08:50	U16 / Masters Men Weight Throw	9	01:04	09:15	09:00	U14 Triathlon Girls Flight 1	10	00:37
10:10	09:55	U18 / U20 / Senior Men Weight Throw	7	00:56	09:55	09:40	U14 Triathlon Girls Flight 2	10	00:37
11:05	10:55	U16 / Senior / Para Women Shot Put	5	00:37	10:40	10:20	U14 Triathlon Boys	14	00:52
12:05	11:35	Pentathlon U18/U20 Women	9	00:57	11:45	11:15	Pentathlon U16 / Masters Women	8	00:54
12:35	12:35	Break		00:30	12:10	12:10	Break		00:30
13:40	13:10	U18 / U20 Women Shot Put	14	01:34	13:05	12:45	Masters Women	6	00:54
14:45		End of Day's Competition			13:40		End of Day's Competition		