

SCHEDULE OF EVENTS – RCL Provincial Indoor Championships

SPRINT STRIP - TRACK

9:30 a.m. 60m. Hurdles - Heats
10:00 60m. Sprints - Heats
11:00 60m. Hurdles - FINALS
11:30 60m. Sprints - FINALS

OVAL - TRACK

10:00 a.m. 2000-3000m.- FINALS
11:00 1000m Walk
11:20 800m.- SECTIONS

LUNCH BREAK

1:00 p.m. 300- 400m. - SECTIONS
2:00 1200-1500m. - SECTIONS
3:15 200m. - SECTIONS

FIELD EVENTS

LONG JUMP

10:00 a.m. Midget Girls 15 & Under
11:00 Youth Girls 17 & Under

1:00 p.m. Midget Boys 15 & Under
2:00 Youth Boys 17 & Under

TRIPLE JUMP

10:00 a.m. Midget Boys 15 & Under
11:00 Youth Boys 17 & Under

1:00 p.m. Midget Girls 15 & Under
2:00 Youth Girls 17 & Under

SHOT PUT

10:00 a.m. Midget Girls 15 & Under
10:30 Youth Girls 17 & Under
11:00 Midget Boys 15 & Under
11:30 Youth Boys 17 & Under

POLE VAULT

10:00 a.m. Midget Girls 15 & Under
10:30 Youth Girls 17 & Under
11:00 Midget Boys 15 & Under
11:30 Youth Boys 17 & Under

HIGH JUMP

9:30 a.m. Midget Boys 15 & Under

11:00 a.m. Youth Boys 17 & Under

1:00 p.m. Youth Girls 15 & Under

2:00 p.m. Youth Girls 17 & Under

NOTE:

1. **Event times are approximate. Events may run up to 30 minutes early.**
2. Track Events Order:

HURDLES

Midget Girls 15 & Under
Youth Girls 17 & Under
Midget Boys 15 & Under
Youth Boys 17 & Under

OTHERS

Midget Boys 15 & Under
Midget Girls 15 & Under
Youth Boys 17 & Under
Youth Girls 17 & Under