



## Canadian Junior Track & Field Championships July 25-27<sup>th</sup>, 2008

**SCHEDULE OF EVENTS**  
**Updated: July 15<sup>th</sup>, 2008**

Friday, July 25 <sup>th</sup> , 2008	
Time	Event
	<b>Track Events</b>
4:00pm	Heptathlon 100m Hurdles (2 sections)
4:15pm	Women's 100m Hurdles Semifinals
4:40pm	Men's 110m Hurdles Semifinals
5:15pm	Women's 100m Preliminaries
5:40pm	Men's 100m Preliminaries
6:00pm	Women's 400m Semifinals
6:30pm	Men's 400m Semifinals
7:00pm	Women's 1500m Semifinals
7:20pm	Men's 1500m Semifinals
7:40pm	Women's 100m Semifinals
7:50pm	Men's 100m Semifinals
8:00pm	Heptathlon 200m (2 sections)
	<b>Field Events</b>
1:45pm	Women's Hammer Qualifying Group A
3:30pm	Women's Hammer Qualifying Group B
3:30pm	Womens's Shot Put Qualifying Group A
3:45pm	Men's Long Jump Qualifying Group A
3:45pm	Women's Long Jump Qualifying Group A
4:45pm	Heptathlon High Jump
5:00 pm	Women's Shot Put Qualifying Group B
5:15pm	Men's Hammer <b>FINAL</b>
5:45pm	Men's Long Jump Qualifying Group B
5:45pm	Women's Long Jump Qualifying Group B
6:30pm	Heptathlon Shot Put



**Saturday, July 26<sup>th</sup>, 2008**

<b>Time</b>	<b>Event</b>
	<b>Track Events</b>
11:30am	Decathlon 100m (1 section)
11:45am	Women's 100m Hurdles <b>FINAL</b>
11:55am	Men's 110m Hurdles <b>FINAL</b>
12:15pm	Women's 1,500m <b>FINAL</b>
12:25pm	Men's 1,500m A & B <b>FINAL</b>
12:35pm	Women's 400m A & B <b>FINAL</b>
12:50pm	Men's 400m A & B <b>FINAL</b>
1:05pm	Women's 100m <b>FINAL</b>
1:15pm	Men's 100m <b>FINAL</b>
3:30pm	Women's 400m Hurdles Semifinals
4:00pm	Men's 400m Hurdles Semifinals
4:30pm	Decathlon 400m
4:40pm	Women's 800m Semifinals
5:05pm	Men's 800m Semifinals
5:30pm	Heptathlon 800m
5:40pm	Women's 200m Preliminaries
6:15pm	Men's 200m Preliminaries
6:50pm	Women's 3,000m <b>TIMED FINALS</b>
7:20pm	Men's 5,000m <b>TIMED FINALS</b>
	<b>Field Events</b>
10:45am	Women's High Jump <b>FINAL</b>
11:00am	Women's Javelin <b>FINAL</b>
11:15am	Women's Triple Jump Qualifying Group A (Pit #2)
11:30am	Men's Shot Put <b>FINAL</b>
12:15pm	Decathlon Long Jump (pit # 1)
12:45pm	Women's Hammer <b>FINAL</b>
1:45pm	Decathlon Shot Put
2:00pm	Women's Triple Jump Qualifying Group B (Pit #2)
2:30pm	Women's Discus <b>FINAL</b>
3:00pm	Decathlon High Jump
3:00pm	Heptathlon Long Jump (Pit #1)
3:30pm	Women's Pole Vault <b>FINAL</b>
4:00pm	Women's Long Jump <b>FINAL</b>
4:30pm	Heptathlon Javelin
4:30pm	Men's Long Jump <b>FINAL (Pit #1)</b>
5:30pm	Men's Discus <b>FINAL</b>



Sunday, July 27 <sup>th</sup> , 2008	
Time	Event
	<b>Track Events</b>
9:00am	Decathlon 110m Hurdles
9:45am	Men's 3,000m Steeplechase <b>FINAL</b>
10:15am	Women's 2,000m Steeplechase <b>FINAL</b>
12:00pm	Women's 200m A & B <b>FINAL</b>
12:15pm	Men's 200m A & B <b>FINAL</b>
12:30pm	Women's 400m Hurdle <b>FINAL</b>
12:50pm	Men's 400m Hurdle <b>FINAL</b>
1:10pm	Women's 800m <b>FINAL</b>
1:20pm	Men's 800m A & B <b>FINAL</b>
2:30pm	Women's 4x100m Relay <b>TIMED FINALS</b>
2:50pm	Men's 4x100m Relay <b>TIMED FINALS</b>
3:10pm	Decathlon 1,500m
3:30pm	Women's 4x400m Relay <b>TIMED FINALS</b>
3:50pm	Men's 4x400m Relay <b>TIMED FINALS</b>
	<b>Field Events</b>
9:35am	Decathlon Discus
11:00am	Men's Javelin <b>FINAL</b>
11:00am	Decathlon Pole Vault
11:30am	Men's Triple Jump <b>FINAL</b>
1:00pm	Men's Pole Vault <b>FINAL</b>
1:30pm	Decathlon Javelin
1:30pm	Women's Triple Jump <b>FINAL</b>
1:30pm	Men's High Jump <b>FINAL</b>
1:30pm	Women's Shot Put <b>FINAL</b>

**\*\*Please note that this is not the final schedule.  
The final schedule will be released once all entries are received.\*\***

