



Advancements (Updated July 25, 2008)
2008 Canadian Junior Track & Field Championships
Championnat canadien junior d'athletisme
Abbotsford, BC, Canada

Men								Women								
Final Qual	Semi Final			Quarter Final			Total Entries		Total Entries	Quarter Final			Semi Final			Final Qual
	Qual.	Heats	Entry	Qual.	Heats	Entry			Entry	Heats	Qual	Entry	Heats	Qual		
8	3+2	2	16	3+4	4	30	30	100m	40	40	5	4+4	24	3	2+2	8
16	1+11	5	37				37	200m	43				43	6	1+10	16
16	1+12	4	30				30	400m	45				45	6	1+10	16
16	2+10	3	34				34	800m	36				36	3	2+10	16
12	5+2	2	25				25	1,500m	23				23	2	5+2	12
13							13	5000m/3000m	20							20
								100mH	25				25	4	1+12	16
16	1+12	4	25				25	110mH								16
8	2+2	3	19				19	400mH	27				27	4	1+12	16
19	TIMED FINALS (Based on seed times)						19	3000m/2000m SC	16							16
8							8	4x100m	13							13
8							8	4x400m	8							8

Progressions				Progressions			
Final 1.75, 1.80, 1.85, 1.90, 1.95, 1.98, 2.01, 2.04, etc.	21	High Jump	20	Final 1.45, 1.50, 1.55, 1.60, 1.65, 1.68, 1.71, 1.74, 1.77, 1.80, etc.			
Final 3.60, 3.80, 4.00, 4.20, 4.35, 4.50, 4.65, 4.75, 4.85, etc.	16	Pole Vault	19	Final 2.80, 3.00, 3.20, 3.40, 3.55, 3.70, 3.85, 3.95, 4.05, 4.10, etc.			
Auto Qualification to Finals - 7.00m Final (top 8 Canadians get 3 final jumps)	21	Long Jump	29	Auto Qualification to Finals - 5.60m Final (top 8 Canadians get 3 final jumps)			
Final (top 8 Canadians get 3 final jumps)	13	Triple Jump	21	Auto Qualification to Finals - 11.50m Final (top 8 Canadians get 3 final jumps)			
Final (top 8 Canadians get 3 final throws)	9	Shot Put	15	Final (top 8 Canadians get 3 final throws)			
Final (top 8 Canadians get 3 final throws)	11	Discus	23	Flight #1 - 11 low seeded competitors Flight #2 - 12 top seeded competitors Final (top 8 Canadians from either flight get 3 final throws)			
Final (top 8 Canadians get 3 final throws)	10	Hammer	12	Final (top 8 Canadians get 3 final throws)			
Final (top 8 Canadians get 3 final throws)	14	Javelin	14	Final (top 8 Canadians get 3 final throws)			
High Jump starting height TBA by Multi-Event Referee	7		9	High Jump starting height TBA by Multi-Event Referee			
Pole Vault starting height TBA by Multi-Event Referee	7	Combined Events					

