

2008 Eastern Canadian Espoir Team Championships August 14-15, Ottawa, Ontario

Sponsored by
Ontario Summer Games / Ottawa Lions Track & Field Club / City of Ottawa

Tentative Competition Schedule Final Schedule to be circulated to all participating Teams on Thursday, August 14 / 10:00 am – Technical Meeting

Thursday, August 14

Track:

Special Canadian Paralympic Wheelchair Races & Field Event

14:30	100m Wheelchair	F / M	14:30 – Shot Put / Para Tie-Down
14:45	200m Wheelchair	F / M	
15:00	1500m Wheelchair	F / M	
15:15	400m Wheelchair	F / M	

16:30	Men's 4x100m Relay	
16:45	Women's 4x100m Relay	
17:00	Men's 1500m	Timed Sections
17:15	Men's 100m	Semi-Finals
17:30	Women's 100M	Semi-Finals
17:45	Women's 1500m	(Timed Sections, if necessary)
18:00	Women's 100m Hurdles	Semi-Finals (if required) or Finals
18:15	Men's 110m Hurdles	Semi-Finals (if required) or Finals
18:30	Men's 400m	Timed Sections
18:45	Women's 400m	Timed Sections
19:00	Men's 100m Final	2 Section Timed Final
19:15	Women's 100m Final	2 Section Timed Final
19:25	Men's 3000m Final	1 section only
19:40	Men's 110m Hurdles Final	if required
19:50	Women's 100m Hurdles Final	if required
20:00	Women's 3000m Final	1 section – * may advance in time

Field

17:00	Men's Pole Vault
17:00	Women's Hammer to be followed by Men's Hammer
17:00	Women's Long Jump
17:00	Men's Shot Put
18:45	Men's Long Jump

18:45 Men's Javelin
18:45 Women's Shot Put
18:45 Women's High Jump

20:30 BQ Dinner & Social
– All Teams / Guests / Volunteers / Officials
@ Terry Fox Track

Friday, August 15

Track

Special Canadian Paralympic Wheelchair Races & Field Event

10:00	100m Wheelchair	F / M	10:00 – Discus / Para Tie-Down
10:15	800m Wheelchair	F / M	
10:30	5000m Wheelchair	F / M (combined)	
10:50	400m Wheelchair	F / M	

12:00	Men's 3000m Steeplechase	1 section
12:15	Women's 400m Hurdles	Timed Sections
12:30	Men's 400m Hurdles	Timed Sections
12:45	Women's 800m	Timed Sections
13:00	Men's 800m	Timed Sections
13:15	Women's 200m	Timed Sections
13:30	Men's 200m	Timed Sections
13:45	Women's 2000m Steeplechase	1 section
14:05	Women's 4x400m Relay	
14:15	Men's 4x400m Relay	

**** MEDALS CEREMONIES & TEAM AWARDS TO FOLLOW IMMEDIATELY**

Field

11:30	Women's Pole Vault
11:30	Men's Triple Jump
11:30	Women's Discus
12:45	Men's High Jump
12:45	Women's Triple Jump
12:45	Women's Javelin
12:45	Men's Discus