

CONFERENCE TRACK AND FIELD CHAMPIONSHIPS 2008 SCHEDULE OF TRACK EVENTS

Events may begin up to 30 minutes earlier than scheduled time.

DAY 1

The events below are **TIMED FINALS** .

| | | |
|------|------------|---------------------|
| 8:15 | Open Girls | 1500 m Steeplechase |
| 9:00 | Open Boys | 2000 m Steeplechase |

The events below are **SEMI FINALS**.

| | | |
|------|--------------|------------------|
| 9:20 | Midget Girls | 80 m Hurdles |
| | Junior Girls | 80 m Hurdles |
| | Senior Girls | 100 m Hurdles** |
| | Midget Boys | 100 m Hurdles |
| | Junior Boys | 100 m Hurdles |
| | Senior Boys | 110 m Hurdles ** |

** Depending on the number of entries **may** be **run** as a **FINAL**.

The events below are **HEATS**

| | | |
|-------|--------------|---------|
| 10:20 | Midget Boys | 100 m |
| | Midget Girls | 100 m |
| | Junior Boys | 100 m |
| | Junior Girls | 100 m |
| | Senior Boys | 100 m** |
| | Senior Girls | 100 m** |

** These may be run as a **SEMI FINALS**, depending on the number of entries.

The events below are **TIMED FINALS** and will be **run in sections, and IN LANES, with 1 TURN STAGGER**

| | | |
|-------|--------------|-------|
| 11:05 | Midget Boys | 800 m |
| | Midget Girls | 800 m |
| | Junior Boys | 800 m |
| | Junior Girls | 800 m |
| | Senior Boys | 800 m |
| | Senior Girls | 800 m |

The events below are **TIMED SEMI-FINALS**

| | | |
|-------|--------------|-------|
| 12:05 | Midget Boys | 200 m |
| | Midget Girls | 200 m |
| | Junior Boys | 200 m |
| | Junior Girls | 200 m |
| | Senior Boys | 200 m |
| | Senior Girls | 200 m |

The events below are **TIMED FINALS** and will be run in sections

| | | |
|-------|--------------|--------|
| 13:05 | Midget Boys | 3000 m |
| | Midget Girls | 3000 m |
| | Junior Boys | 3000 m |
| | Junior Girls | 3000 m |
| | Senior Boys | 3000 m |
| | Senior Girls | 3000 m |

The events below are **SEMI-FINALS**

| | | |
|-------|--------------|---------|
| 15:05 | Midget Boys | 100 m |
| | Midget Girls | 100 m |
| | Junior Boys | 100 m |
| | Junior Girls | 100 m |
| | Senior Boys | 100 m** |
| | Senior Girls | 100 m** |

** These may be run as a **FINALS**



DAY 2

The events below are **TIMED FINALS** and **may** be **run** in **sections**

| | | |
|------|------------------------------------|--------|
| 9:00 | Midget Boys | 1500 m |
| | Midget Girls | 1500 m |
| | Junior Boys | 1500 m |
| | Junior Girls | 1500 m |
| | Senior Boys | 1500 m |
| | Senior Girls | 1500 m |
| | Events for Disabled Athletes – TBA | |

The events below are **TIMED FINALS** and will be run in sections

| | | |
|-------|--------------|-------|
| 10:30 | Midget Boys | 400 m |
| | Midget Girls | 400 m |
| | Junior Boys | 400 m |
| | Junior Girls | 400 m |
| | Senior Boys | 400 m |
| | Senior Girls | 400 m |

The events below are **TIMED FINALS**

| | | |
|-------|--------------|-------|
| 11:30 | Midget Boys | 200 m |
| | Midget Girls | 200 m |
| | Junior Boys | 200 m |
| | Junior Girls | 200 m |
| | Senior Boys | 200 m |
| | Senior Girls | 200 m |

The events below are **FINALS**

| | | |
|-------|--------------|-----------------|
| 12:00 | Midget Girls | 80 m Hurdles |
| | Junior Girls | 80 m Hurdles |
| | Senior Girls | 100 m Hurdles** |
| | Midget Boys | 100 m Hurdles |
| | Junior Boys | 100 m Hurdles |
| | Senior Boys | 110 m Hurdles** |
| 12:25 | Midget Boys | 100 m |
| | Midget Girls | 100 m |
| | Junior Boys | 100 m |
| | Junior Girls | 100 m |
| | Senior Boys | 100 m** |
| | Senior Girls | 100 m** |

The events below are **TIMED FINALS** and **may be run in sections**

| | | |
|-------|--------------|---|
| 13:00 | Midget Girls | 300 m Hurdles |
| | Junior Girls | 300 m Hurdles |
| | Midget Boys | 300 m Hurdles |
| | Junior Boys | 300 m Hurdles |
| | Senior Girls | 400 m Hurdles |
| | Senior Boys | 400 m Hurdles |
| 14:00 | Senior Girls | 4 X 100 m Relay |
| | Senior Boys | 4 X 100 m Relay |
| | Junior Girls | 4 X 100 m Relay |
| | Junior Boys | 4 X 100 m Relay |
| | Midget Girls | 4 X 100 m Relay |
| | Midget Boys | 4 X 100 m Relay |
| | Open Girls' | 4 X 400 m Relay – THREE TURN STAGGER |
| | Open Boys' | 4 X 400 m Relay – THREE TURN STAGGER |

Depending on number of entries the sections may be combined for the relays

15:30 **AWARDS CEREMONIES**

CONFERENCE TRACK AND FIELD CHAMPIONSHIPS

Terry Fox Facility

FIELD EVENTS

DAY ONE:

| Time | LADIES | | | MEN | | |
|-------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Midget | Junior | Senior | Midget | Junior | Senior |
| 9:00 | Javelin | High Jump | Discus | Triple Jump | Shot | Long Jump |
| 10:20 | | Javelin | High Jump | Discus | Triple Jump | Shot |
| 11:40 | Shot | Long Jump | Javelin | High Jump | Discus | Triple Jump |
| 13:00 | Triple Jump | Shot | Long Jump | Javelin | High Jump | Discus |
| 14:20 | Discus | Triple Jump | Shot | | Javelin | High Jump |
| 15:40 | High Jump | Discus | Triple Jump | Shot | Long Jump | |

*All Ladies' & Mens' Pole Vault events will be run together at
Louis Reil Dome on May 20th, 2008. Time TBA

DAY TWO: 9:00 am Midget Girls' + Midget Boys' Long Jump
 10:30 am Senior Boys' Javelin

NOTES: In the throwing events and horizontal jumps (LJ & TJ), the top 8 competitors after three rounds will be allowed 3 additional trials.

STARTING HEIGHTS FOR VERTICAL JUMPS

| Girls' High Jump | | Boys' High Jump | Pole Vault |
|-------------------------|-------|------------------------|-------------------|
| Midget | 1.32m | 1.55m | 2.25m |
| Junior | 1.35m | 1.65m | 2.75m |
| Senior | 1.35m | 1.65m | 2.80m |
| Open Girls | | | 2.00m (suggested) |

The crossbar will be raised in increments of 5cm for all high jumps and 25cm for all pole vaults. When 6 or few competitors remain, the increments will be determined by the head official after consulting the athletes involved.