

ODAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS
Championship Schedule of Events Template – EVEN YEAR (Women followed by Men)

Day 1

Day 2

FIELD EVENTS

<u>Time</u>	<u>Event</u>	<u>Section</u>
10:00-11:30	Implement Weigh-In	
11:55AM	National Anthem	
12:00PM	High Jump – Men	Final
	Long Jump – Women	Final
	Hammer – Men	Final
	Shot Put - Women	Final
2:30PM	High Jump – Women	Final
	Long Jump – Men	Final
	Hammer – Women	Final
	Shot Put - Men	Final
5:00PM	Javelin - Women	Final

FIELD EVENTS

<u>Time</u>	<u>Event</u>	<u>Section</u>
8:30-10AM	Implement Weigh-In	
9:55AM	National Anthem	
10:00AM	Javelin – Men	Final
	Triple Jump – Women	Final
	Pole Vault - Men	Final
12:00PM	Discus - Women	Final
12:30PM	Triple Jump – Men	Final
12:30PM	Pole Vault - Women	Final
2:00PM	Discus – Men	Final

TRACK EVENTS

<u>Time</u>	<u>Event</u>	<u>Section</u>
4:00PM	100m Hurdles – Women	Prelims
4:15PM	110m Hurdles – Men	Prelims
4:30PM	400m – Women	Prelims
4:40PM	400m – Men	Prelims
4:50PM	100m – Women	Prelims
5:00PM	100m – Men	Prelims
5:15PM	3k Steeple – Women	Final
5:45PM	3k Steeple – Men	Final
6:25PM	400m Hurdles – Women	Prelims
6:40PM	400m Hurdles – Men	Prelims
6:55PM	200m – Women	Prelims
7:05PM	200m – Men	Prelims
7:15PM	10,000m – Women	Final
8:00PM	10,000m – Men	Final

TRACK EVENTS

<u>Time</u>	<u>Event</u>	<u>Section</u>
2:00PM	4x100 Relay – Women	Final
2:10PM	4x100 Relay – Men	Final
2:20PM	1,500m – Women	Final
2:35PM	1,500m – Men	Final
2:50PM	100m Hurdles – Women	Final
3:00PM	110m Hurdles - Men	Final
3:10PM	400m – Women	Final
3:15PM	400m – Men	Final
3:20PM	100m – Women	Final
3:25PM	100m – Men	Final
3:30PM	800m – Women	Final
3:45PM	800m – Men	Final
4:05PM	400m Hurdles – Women	Final
4:15PM	400m Hurdles – Men	Final
4:25PM	200m – Women	Final
4:30PM	200m – Men	Final
4:35PM	5,000m – Women	Final
5:00PM	5,000m – Men	Final
5:25PM	4x400 Relay – Women	Final
5:35PM	4x400 Relay – Men	Final
6:00PM	Awards Ceremony	