



2022 PROVINCIAL CHAMPIONSHIPS

FRIDAY, SATURDAY, SUNDAY, July 8 – 10, 2022

TENTATIVE SCHEDULE (Updated May 8, 2022)

FRIDAY, JULY 8TH

TRACK

6:00 pm	U 16 Men	1500 Steeplechase	Timed Final
	U 16 Women	1500 Steeplechase	Timed Final
	U 18 Women	2000 Steeplechase	Timed Final
	U 20 / Open Women	3000 Steeplechase	Timed Final
	U 18 Men	2000 Steeplechase	Timed Final
	U 20 / Open Men	3000 Steeplechase	Timed Final
7:15 pm	U 16 Women	200m H	Timed Final
	U 16 Men	200 m H	Timed Final
	U 18 Women	400m H	Timed Final
	Jr / Open Women	400m H	Timed Final
	U 18 Men	400m H	Timed Final
	U 20 / Open Men	400m H	Timed Final

FIELD

6:00 pm	U 20 / Open Women	Discus	
6:00 pm	U 16 Women	Shot Put	
	Master Women	Shot Put	
7:45 pm	U 16 Men	Shot Put	
	Master Men	Shot Put	
7:45 pm	U 20 / Open Men	Hammer	



SATURDAY, JULY 9, 2022

TRACK

9:00 am	U 16 Women	80m Hurdles	Heats
	Master Women	80m Hurdles	Timed Final
	U 18 Women	100m Hurdles	Heats
	U 20 Women	100m Hurdles	Heats
	Open Women	100m Hurdles	Heats
	U 16 Men	100m Hurdles	Heats
	U 18 Men	110m Hurdles	Heats
	Master Men	110m Hurdles	Timed Final
	U 20 Men	110m Hurdles	Heats
	Open Men	110m Hurdles	Heats
10:30 am	Open Men	1500m	Timed Finals
	U 20 Men	1500m	Timed Finals
	U 18 Men	1500m	Timed Finals
	Open women	1500m	Timed Finals
	U 20 women	1500m	Timed Finals
	U 18 Women	1500m	Timed Finals
	U 16 Men	1200m	Timed Finals
	U 16 Women	1200m	Timed Finals
11:30 am	Open Men	110m Hurdles	Finals
	U 20 Men	110m Hurdles	Finals
	U 18 Men	110m Hurdles	Finals
	U 16 Men	100m Hurdles	Finals
	Open Women	100m Hurdles	Finals
	U 20 Women	100m Hurdles	Finals
	U 18 Women	100m Hurdles	Finals
	U 16 Women	80m Hurdles	Finals
12:00 pm	LUNCH		
1:00 pm	U 16 Women	100m	Heats
	Master Women	100m	Final



	U 16 Men	100m	Heats
	U 18 Women	100m	Heats
	Open Women	100m	Heats
	U 20 Men	100m	Heats
	Master Men	100m	Heats
	Open Men	100m	Heats
2:30 pm	Open Men	400m	Timed Final
	U 20 Men	400m	Timed Final
	U 18 Men	400m	Timed Final
	Open Women	400m	Timed Final
	U 20 Women	400m	Timed Final
	U 18 Women	400m	Timed Final
	U 16 Women	300m	Timed Final
	U 16 Men	300m	Timed Final
4:10 pm	U 16 Women	100m	Final
	U 16 Men	100m	Final
	U 18 Women	100m	Final
	U 18 Men	100m	Final
	U 20 Women	100m	Final
	U 20 Men	100m	Final
	Open Women	100m	Final
	Open Men	100m	Final
	Master Women	100m	Final
	Master Men	100m	Final
4:30pm	U 18 women	4 X 400	Final
	Open Women	4 x 400	Final
	U 18 Men	4 x 400	Final
	Open Men	4 x 400	Final
	U 16 Women	4 x 100	Final
	U 16 Men	4 x 100	Final
	U 18 Women	4 x 100	Final
	U 18 Men	4 x 100	Final
	Open Women	4 x 100	Final
	Open Men	4 x 100	Final



FIELD

		Throws	
9:00 am	U 18 Women	Shot Put	
11:00 am	Open Women	Shot Put	
1:00pm	U 20 / Open Men	Shot Put	
3:00PM	U 18 Men	Shot Put	
12:00 am	U 18 Women	Discus	
1:30 pm	U 18 Men	Discus	
3:00 pm	U 16 / Master Women	Discus	
4:30 pm	U 16 / Master Men	Discus	
6:00 pm	Open Men	Discus	
10:00 am	Open / Master Men	Javelin	
11:30 am	Open Women	Javelin	
1:30 pm	U 16 / Master Women	Javelin	
3:00 pm	U 16 Boys	Javelin	
4:30 pm	U 18 Women	Javelin	
		Jumps	
9:00 am	U 16 / Master Women	Long Jump	Pits 1 & 2
10:30 am	Open Men	Long Jump	
2:15 pm	U 18 Women	Long Jump	Pits 1 & 2
4:00 PM	U 20 Men	Long Jump	
4:00 PM	U 20 Women	Long Jump	
10:15 am	U 20 Women	High Jump	
12:15 pm	U 20 Men	High Jump	
2:15 pm	Open Men	High Jump	
3:45 pm	Open Women	High Jump	
10:30 am	U 16 / U 18 Woman	Pole Vault	
1:45 pm	U20 / Open Woman	Pole Vault	
10:30 am	U 16 / M Men	Triple Jump	
12:45 pm	U 18 Men	Triple Jump	
12:45 pm	Open Women	Triple Jump	



Sunday, July 10, 2022

TRACK

8:45 am	U 20/ Open Women	5000m	Timed Finals
	U 20 / Open Men	5000m	Timed Finals
	U 16 Women	2000m	Timed Finals
	U 16 Men	2000m	Timed Finals
	U 18 Women/ Mas	3000m	Timed Finals
	U 18 Men / Mas	3000m	Timed Finals
10:30 am	U 16 Women	200m	Heats
	U 16 Men	200m	Heats
	U 18 Women	200m	Heats
	U 18 Men	200m	Heats
	Open Women	200m	Heats
	Open Men	200m	Heats
	LUNCH	LUNCH	
1:30 pm	Open Women	800m	Timed Finals
	Open Men	800m	Timed Finals
	U 18 Women	800m	Timed Finals
	U 18 Men	800m	Timed Finals
	U 16 Women	800m	Timed Finals
	U 16 Men	800m	Timed Finals
3:30 pm	U 16 Men	200m	Finals
	U 16 Women	200m	Finals
	U 18 Men	200m	Finals
	U 18 Women	200m	Finals
	Open Men	200m	Finals
	Open Women	200m	Finals
	Master Men	200m	Timed Finals
	Master Women	200m	Timed Finals
4:15 pm			



FIELD

		Throws	
9:00 am	Mid/ U 18 / Master Women	Hammer	
10:30 am	U 18 Men	Hammer	
12:30 am	Open Women	Hammer	
2:00 pm	Mid / Master Men	Hammer	
		Jumps	
9:00 am	U 16 Men	Long Jump	Pits 1 & 2
10:30 am	Open Women	Long Jump	
3:30 pm	U 18 Men	Long Jump	Pits 1 & 2
10:30 am	U 20 Women	Triple Jump	
12:45 pm	U 16 Women	Triple Jump	
12:45 pm	U 20 Men	Triple Jump	
2:15 pm	U 18 Women	Triple Jump	
2:15 pm	Open Men	Triple Jump	
9:30 am	U 18 Women	High Jump	
11:00 am	U 18 Men	High Jump	
1:00 pm	U 16 / Master Women	High Jump	
2:45 pm	U 16 / Master Men	High Jump	
10:30 am	U 16 / U 18 Men	Pole Vault	
1:30 pm	U 20 / Open Men	Pole Vault	