

**2009 Ontario Senior Championships & Canada Summer Games Trials
Junior Women's 5000m and Junior & Senior Men's & Women's 4 x 100m, 4 x 400m and
Distance Medley Relay Championships plus Selected *Non-Championship* Events for
Youths**

Final Schedule

Friday July 3rd

Track

7:00pm 400m Heats CSG/Senior Women
 400m Heats CSG/Senior Men

8:00pm 5000m Timed Final CSG/Senior Women/Junior Women
 5000m Timed Final CSG/Senior Men

Saturday July 4th

Track

1:00 400m Final CSG/Senior Women
 400m Final CSG/Senior Men

1:15pm 100mH 84cm Heats CSG/Senior Women
 110mH 107cm Heats CSG/Senior Men

1:45 100m Heats Youth Girls
 100m Heats CSG/Senior Women
 100m Heats CSG/Senior Men

2:30 400m Youth Girls
 400m Youth Boys

3:00 100mH 76cm Final Youth Girls
 100mH 84cm Final CSG Women
 100mH 84cm Final Senior Women
 110mH 91cm Final Youth Boys
 110mH 107cm Final CSG Men
 110mH 107cm Final Senior Men

3:45 1500m Youth Girls
 1500m Youth Boys

4:00 100m Final Youth Girls
 100m Final CSG Women
 100m Final Senior Women
 100m Final Youth Boys
 100m Final CSG Men
 100m Final Senior Men

Field

1:00 Long Jump Youth Boys
 Pole Vault Youth Boys
 High Jump Youth Girls
 Discus CSG/Senior Women
 Shot Put CSG/Senior Men

2:00 Long Jump CSG/Senior Men
 (2 flights)
 High Jump CSG/Senior Women

2:30 Discus Youth Girls
 Shot Put Youth Boys

4:00 Pole Vault CSG/Senior Men
 Long Jump CSG/Senior Women
 (2 flights)
 Shot Put Youth Girls
 Discus CSG/Senior Men
 High Jump CSG/Senior Men

4:30 800m Timed Final CSG/Senior Women
800m Timed Final CSG/Senior Men

5:30 4x100m Timed Final Junior & Senior Women
4x100m Timed Final Junior & Senior Men

5:45 2000mSC CSG/Senior Women (76cm)
3000mSC CSG/Senior Men (91cm)

5:30 Long Jump Youth Girls
High Jump Youth Boys
Shot Put CSG/Senior Women
Discus Youth Boys

Sunday July 3rd

Track

9:45am 800m Youth Girls
800m Youth Boys

10:00 1500m Timed Final CSG/Senior Women
1500m Timed Final CSG/Senior Men

11:00 200m Heats CSG/Senior Women
200m Heats CSG/Senior Men

Field

9:00 Triple Jump Youth Boys
Javelin Youth Boys

10:00 Triple Jump CSG/Senior Men
(2 flights)

10:30 Javelin CSG/Senior Men
Hammer CSG/Senior Women

Lunch Break

1:00pm 300mH Youth Girls 76cm
400mH Timed Final CSG/Senior Women 76cm
300mH Youth Boys 84cm
400mH Timed Final CSG/Senior Men 91cm

12:30 Pole Vault
Youth Girls & CSG/Senior Women
Triple Jump CSG/Senior Women
Hammer CSG/Senior Men
Javelin CSG/Senior Women

1:45 200m Finals CSG Women
200m Finals Senior Women
200m Finals CSG Men
200m Finals Senior Men
200m Youth Girls Timed Final
200m Youth Boys Timed Final

2:00 Javelin Youth Girls
Triple Jump Youth Girls
Hammer Youth Boys

2:15 Distance Medley Relay Junior & Senior Women (1200m-400m-800m-1600m)
Distance Medley Relay Junior & Senior Men (1200m-400m-800m-1600m)

2:45 4x400m Junior & Senior Women
4x400m Junior & Senior Men