

Canadian Masters Championships - Kamloops, July 17-19, 2009

FINAL SCHEDULE (Updated July 13)

FRIDAY, JULY 17, 2009

PENTATHLON: WOMEN (3)

PENTATHLON: MEN (20)

WEIGHT PENTATHLON: MEN (16)

WEIGHT PENTATHLON: WOMEN (9)

	TRACK	SHOT PUT	DISCUS	JAVELIN	HAMMER	WEIGHT THROW	LONG JUMP	TRIPLE	HIGH JUMP	POLE
7:45 AM	10000m MEN (9) & WOMEN (5)									
8:00 AM					WP #1: MEN					
8:15 AM										
8:30 AM										
8:45 AM										
9:00 AM		WP #2: MEN								
9:15 AM										
9:30 AM										
9:45 AM			WP #3: MEN							
10:00 AM										
10:15 AM										
10:30 AM										
10:45 AM				WP #4: MEN						
11:00 AM										
11:15 AM										
11:30 AM										
11:45 AM						WP#5: MEN				
12:00 PM										
12:15 PM										
12:30 PM										
12:45 PM										
1:00 PM	PENT #1: Women's 80H				WP #1: WOMEN		PENT #1: Men			
1:15 PM										
1:30 PM										
1:45 PM										
2:00 PM		WP #2: WOMEN		PENT #2: Men					PENT #2: Women	
2:15 PM										
2:30 PM										
2:45 PM			WP #3: WOMEN							
3:00 PM										
3:15 PM										
3:30 PM	PENT #3: Men 200m	PENT #3: Women								
3:45 PM				WP #4: WOMEN						
4:00 PM										
4:15 PM										
4:30 PM							PENT #4: Women			
4:45 PM						WP #5: WOMEN				
5:00 PM										
5:15 PM										
5:30 PM	PENT #5: Women - 800m									
5:45 PM			PENT #4: Men							
6:00 PM										
6:15 PM										
6:30 PM	PENT #5: Men 1500m									

Pentathlon Order of Events

Weight Pentathlon (Men & Women)

Hammer
Shot Put
Discus
Javelin
Weight Throw

Women's Pentathlon

80H
High Jump
Shot Put
Long Jump
800m

Men's Pentathlon

Long Jump
Javelin
200m
Discus
1500m

FINAL SCHEDULE (Updated July 13)

SATURDAY, JULY 18, 2009

	TRACK	SHOT PUT	DISCUS	JAVELIN	HAMMER	WEIGHT THROW	LONG JUMP	TRIPLE	HIGH JUMP	POLE
9:00 AM					MEN (20)		WOMEN (15)			
9:15 AM										
9:30 AM	2000m SC - Men (7)/Women (2)									
9:45 AM	3000m SC - Men (3)									
10:00 AM	1500m RW - Women (10)									
10:15 AM										
10:30 AM	1500m RW - Men (9)						MEN (31)			
10:45 AM										
11:00 AM	100m Heats - Women (30)									
11:15 AM	100m Heats - Men (53)									
11:30 AM					WOMEN (14)					
11:45 AM	100m Finals - W/M (if necessary)									
12:00 PM	OPENING CEREMONIES									
12:15 PM	LUNCH & AWARDS									
12:30 PM										
12:45 PM										
1:00 PM	80 Hurdles - M (6) & W (3)		MEN (42)							WOMEN (4)
1:15 PM	100 Hurdles - M (6) & W (0)									
1:30 PM	110 Hurdles - M (1)									
1:45 PM										
2:00 PM										
2:15 PM	1500m - Women (12)									
2:30 PM	1500m - Men (28)									MEN (15)
2:45 PM	400m - Women (13)									
3:00 PM	400m - Men (41)		WOMEN (21)							
3:15 PM	4 x 100m - Women (0)									
3:30 PM	4 x 100m - Men (0)									
3:45 PM										
4:00 PM	AWARDS									
4:30 PM										
6:00 PM	DINNER & SOCIAL									

All races are timed finals unless otherwise indicated

FINAL SCHEDULE (Updated July 13)

SUNDAY, JULY 19, 2009

	TRACK	SHOT PUT	DISCUS	JAVELIN	HAMMER	WEIGHT THROW	LONG JUMP	TRIPLE	HIGH JUMP	POLE
8:00 AM	5000m - Women (10)							MEN (21)		
8:15 AM										
8:30 AM										
8:45 AM	5000m - Men (21)									
9:00 AM		WOMEN (24)		MEN (30)						
9:15 AM										
9:30 AM	5000m RW - Women (11)									
9:45 AM										
10:00 AM										
10:15 AM										
10:30 AM	5000m RW - Men (9)	MEN (32)						WOMEN (8)		
10:45 AM										
11:00 AM										
11:15 AM										
11:30 AM	800m - Women (14)			WOMEN (17)						
11:45 AM	800m - Men (35)									
12:00 PM										
12:15 PM	200m - Women (25)									
12:30 PM	200m - Men (48)					MEN (15)			WOMEN (7)	
12:45 PM										
1:00 PM	LUNCH & AWARDS									
1:15 PM										
1:30 PM	200m Finals W/M (if necessary)									
1:45 PM	200mH - Women 70+ (0)									
2:00 PM	300mH - Women (3)					WOMEN (12)			MEN (14)	
2:15 PM	300mH - Men (11)									
2:30 PM	400mH - Women (0)									
2:45 PM	400mH - Men (3)									
3:00 PM	4 x 400m - Women (0)									
3:15 PM	4 x 400m - Men (0)									
3:30 PM	AWARDS & CLOSING CEREMONIES									

All races are timed finals unless otherwise indicated