

**2023 Ontario D-II District Track Meet
Schedule and Order of Events**

Thursday, May 18, 2023

4:00 PM

BOYS POLE VAULT FINAL
BOYS SHOT PUT FINAL
BOYS LONG JUMP FINAL
GIRLS HIGH JUMP FINAL
GIRLS DISCUS FINAL

5:00 PM

GIRLS 4 X 800 M RELAY FINAL
BOYS 4 X 800 M RELAY FINAL

5:30 PM

ROLLING SCHEDULE

GIRLS 100 M HURDLES (33") SEMI FINALS
BOYS 110 M HURDLES (39") SEMI FINALS
GIRLS 100 M DASH SEMI FINALS
BOYS 100 M DASH SEMI FINALS
GIRLS 4 X 200 M RELAY SEMI FINALS
BOYS 4 X 200 M RELAY SEMI FINALS
GIRLS 1600 M RUN SEMI FINALS (IF NECESSARY)
BOYS 1600 M RUN SEMI FINALS (IF NECESSARY)
GIRLS 4 X 100 M RELAY SEMI FINALS

***NOTE:** The 1st semifinal heat of the girls 4 x 100 m relay may begin no earlier than 15 minutes after the beginning of the 1st semifinal heat of the girls 4 x 200 m relay*

BOYS 4 X 100 M RELAY SEMI FINALS

***NOTE:** the 1st semifinal heat of the boys 4 x 100 relay may begin no earlier than 15 minutes after the beginning of the 1st semifinal heat of the boys 4 x 200 m relay*

GIRLS 400 M SEMI FINALS
BOYS 400 M SEMI FINALS
GIRLS 300 M HURDLES (30") SEMI FINALS
BOYS 300 M HURDLES (36") SEMI FINALS
GIRLS 800 M RUN SEMI FINALS (IF NECESSARY)
BOYS 800 M RUN SEMI FINALS (IF NECESSARY)
GIRLS 200 M SEMI FINALS
BOYS 200 M SEMI FINALS
GIRLS 3200 M RUN SEMI FINALS (IF NECESSARY)
BOYS 3200 M RUN SEMI FINALS (IF NECESSARY)
GIRLS 4 X 400 M RELAY SEMI FINALS

***NOTE:** The 1st heat of the girls 4 x 400 m relay may begin no earlier than 15 minutes after the beginning of the 1st semifinal heat of the girls 200 m preliminaries*

BOYS 4 X 400 M RELAY SEMI FINALS

***NOTE:** the 1st heat of the boys 4 x 400 relay may begin no earlier than 15 minutes after the beginning of the 1st semifinal heat of the boys 200 m preliminaries*

END DAY ONE

**ALL SEMI FINAL RACES
TOP 8 TIMES TO FINALS**

800, 1600, 3200

IF SEMI FINALS ARE RUN, TOP 8 IN EACH SECTION ADVANCE TO FINALS

Saturday, May 20, 2023

10:00 AM

BOYS DISCUS FINAL
BOYS HIGH JUMP FINAL
GIRLS SHOT PUT FINAL
GIRLS LONG JUMP FINAL
GIRLS POLE VAULT FINAL

11:30 AM

STARTING TIME LISTED

11:30 - GIRLS 100 M HURDLES (33")
11:35 - BOYS 110 M HURDLES (39")
11:40 - GIRLS 100 M DASH
11:45 - BOYS 100 M DASH
11:50 - GIRLS 4 X 200 M RELAY
11:55 - BOYS 4 X 200 M RELAY
12:05 - GIRLS 1600 M RUN
12:15 - BOYS 1600 M RUN
12:25 - GIRLS 4 X 100 M RELAY
12:30 - BOYS 4 X 100 M RELAY
12:35 - GIRLS 400 M DASH
12:40 - BOYS 400 M DASH
12:45 - GIRLS 300 M HURDLES (30")
12:50 - BOYS 300 M HURDLES (36")
12:55 - GIRLS 800 M RUN
1:00 - BOYS 800 M RUN
1:05 - GIRLS 200M DASH
1:10 - BOYS 200 M DASH
1:15 - GIRLS 3200 M RUN
1:30 - BOYS 3200 M RUN
1:45 - GIRLS 4 X 400 M RELAY
1:55 - BOYS 4 X 400 M RELAY