



Competition Schedule

Ontario Masters Championships



TRACK EVENTS - Saturday, August 14, 2021				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of Athletes)
8:00	Facility Opens			
9:00	5000m	Timed Final	Women:	Masters (10)
9:35	5000m	Timed Final	Men:	Masters (27)
10:45	2000m SC	Timed Final	Men:	Masters (2)
11:00	3000m SC	Timed Final	Men:	Masters (1)
11:30	100m	Timed Final	Women:	Masters (16)
11:50	100m	Timed Final	Men:	Masters (50)
	Track Break			
1:30	80m Hurdles	Timed Final	Women:	Masters (2)
1:35	80m Hurdles	Timed Final	Men:	Masters (1)
1:40	100m Hurdles	Timed Final	Women:	Masters (1)
1:50	100m Hurdles	Timed Final	Men:	Masters (2)
1:55	110m Hurdles	Timed Final	Men:	Masters (1)
2:00	1500m	Timed Final	Women:	Masters (14)
2:10	1500m	Timed Final	Men:	Masters (26)
2:30	400m	Timed Final	Women:	Masters (6)
2:35	400m	Timed Final	Men:	Masters (20)
3:00	4x100m	Timed Final	Women:	Masters
	4x100m	Timed Final	Men:	Masters
3:10	4x800m	Timed Final	Women:	Masters
	4x800m	Timed Final	Men:	Masters

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FIELD EVENTS - Saturday, August 14, 2021					
Time	High Jump	Long Jump	Discus	Hammer Throw	Weight Throw
8:15				Women All Ages Men 65+ WARMUP	Men 30 – 64 WARMUP
8:30					
8:45					
9:00				Women All Ages Men 65+ 9:00am	Men 30 – 64 9:00am
9:15					
9:30	Women WARMUP				
9:45					
10:00	Women All Ages 10:00am				
10:15				Men 30 – 64 WARMUP	Men 65+ WARMUP
10:30					
10:45	Men WARMUP				
11:00				Men 30 – 64 10:45am	Men 65+ 10:45am
11:15	Men All Ages 11:15am				
11:30		Women All Ages WARMUP			
11:45					
12:00			Women All Ages 12:00am		
12:15					
12:30					
12:45			Men 65+ WARMUP		
1:00		Men & Women LJ WARMUP			
1:15					
1:30		Women All Ages Men 70+ 1:30pm	Men 65+ 1:30pm		Women All Ages WARMUP
1:45					
2:00					
2:15		Men LJ WARMUP			
2:30					
2:45					
3:00		Men 30 - 69 3:00pm	Men 30 – 64 WARMUP		
3:15					
3:30			Men 30 – 64 3:30pm		
3:45					
4:00					
4:15					

Competition Schedule

Ontario Masters Championships

TRACK EVENTS - Sunday, August 15, 2021				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of Athletes)
8:00	Facility Opens			
9:45	5000mRW	Timed Final	Women & Men:	Masters (10)
10:50	800m	Timed Final	Women:	Masters (11)
11:10	800m	Timed Final	Men:	Masters (30)
12:00	300m Hurdles	Timed Final	Women:	Masters (3)
12:10	300m Hurdles	Timed Final	Men:	Masters (1)
Track Break				
1:40	200m	Timed Final	Women:	Masters (8)
1:45	200m	Timed Final	Men:	Masters (40)
2:10	4x400m	Timed Final	Women:	Masters
	4x400m	Timed Final	Men:	Masters

FIELD EVENTS - Sunday, August 15, 2021				
	Pole Jump	Triple Jump	Shot Put	Javelin
8:30				Men 30 – 69
8:45				WARMUP
9:00			Women All Ages	
9:15	Men All Ages		WARMUP	
9:30	WARMUP		Women All Ages	Men 30 – 69
9:45			9:30am	9:30am
10:00	Men All Ages			
10:15	10:00am		Men 70+	
10:30			WARMUP	
10:45			Men 70+	
11:00		Women All Ages	10:45am	Women All Ages
11:15		Men 60+		WARMUP
11:30		WARMUP		Women All Ages
11:45		Women All Ages		11:30am
12:00		Men 60+		
12:15		11:45am		
12:30			Men 30 – 69	
12:45		Men 30 – 59	WARMUP	Men 70+
1:00		WARMUP	Men 30 – 69	WARMUP
1:15		Men 30 – 59	1:00pm	Men 70+
1:30		1:15pm		1:15pm
1:45				
2:00				
2:15				