

2024 Ontario Summer Games Athletic Competitions
Track (day1)

Time	Event	Round	Age Group
9:00 AM	Practice...Officials Meeting @ Kirkley Building		
10:00	Practice...coaches meeting @ Kirkley Building		
12:30	80mh 0.762 - 12 - 7.5	Heats	Boys U14
12:35	80mh 0.762 - 12 - 7.5	Heats	Girls U14
12:50	80mh 0.762 - 12 - 8	Heats	Girls U16
13:10	100mh 0.840 - 13 - 8.5	Heats	Boys U16
13:20	1200m	Timed Final	Girls U14/16
13:30	1200m	Timed Final	Boys U14/16
13:50	80m	Heats	Girls U14
14:00	80m	Heats	Boys U14
14:10	100m WC	Heats	WC: Girls + Boys
14:15	100m FR	Heats	FR: Girls & Boys
14:20	Awards: Girls High Jump, Girls Discus, Girls & Boys 1200m		
14:45	100m	Heats	Girls U16 + Amb
15:05	100m	Heats	Boys U16 + Amb
15:15	Awards: Boys Triple Jump, Boys Discus, Seaded Shot Put		
15:30	100mh 0.840 - 13 - 8.5	Finals	Boys U16
15:10	80mh 0.762 - 12 - 8	Finals	Girls U16
15:20	80mh 0.762 - 12 - 7.5	Finals	Boys U14
15:30	80mh 0.762 - 12 - 7.5	Finals	Girls U14
15:50	80m	Finals	Girls U14
15:55	80m	Finals	Boys U14
16:00	100m	Finals	U16-Amb
16:05	100m	Finals	U16-Amb
16:10	100m WC	Finals	WC: Girls - Boys
16:30	1500 SC	Timed Final	Girls U16
16:35	1500 SC	Timed Final	Boys U16
16:35	Awards: Girls U14/U16 Hurdles, Boys U14/U16 Hurdles, Girls Javelin		
16:50	Awards: Girls & Boys 80m, Girls & Boys 100m		
17:00	Awards: Boys U14/U16 High Jump, Girls & Boys 1500mSC		
17:15	300m	Timed Final	Girls U14
17:20	300m	Timed Final	Girls U16
17:25	300m	Timed Final	Boys U14
17:40	300m	Timed Final	Boys U16
17:45	Awards: Boys Triple Jump		
17:50	Awards: Boys U14/U16 Discus		
17:55	Awards: All 300m, Boys Javelin		

Ontario Summer Games '24
Field Day 1

time	High Jump	Triple Jump	Javelin	Discus Throw	Seated/Shot Put
12:15				Warmup	
12:30	Warmup				
12:45				Girls U14/16	
13:00	Girls U14/16			U-14: 0.75kg	
13:15				U-16: 1 kg	
13:30		Warmup			
13:45				Warmup	
14:00		Boys 16			Seated Shot Put
14:15				Boys U14/16	Girls/Boys
14:30				U-14: 0.75kg	
14:45				U-16: 1 kg	
15:00	Warmup		Warmup		
15:15					
15:30	Boys U14/16		Girls U14/16		
15:45			U-14:400gms		
16:00		Warmup	U-16: 500 gms		
16:15					
16:30		Girls 16	Warmup		
16:45					
17:00			Boys U14/16		
17:15			U-14:400gms		
17:30			U-16: 500 gms		
17:45					

2024 Ontario Summer Games Athletic Competitions
Track (day2)

Event	Round	Age Group
9:30 200mH	Timed Final	Girls U14
9:35 200mH	Timed Final	Boys U14
9:40 300mH	Timed Final	Girls U16
9:50 300mH	Timed Final	Boys U16
10:10 2000m	Timed Final	Girls U14/U16
10:20 2000m	Timed Final	Boys U14/U16
10:30	Awards: Girls & Boys 200mH/300mH	
10:40 150m	Prelims	Girls U14
10:50 150m	Prelims	Boys U14
11:05 200m	Timed Final	Girls & Boys Wheelchair
11:10 200m	Prelims	Girls U16 & Ambulatory
11:20 200m	Prelims	Boys U16 & Ambulatory
11:30	Awards: Girls & Boys Wheelchair 200m, Girls & Boys 2000m, Girls Hammer	
12:00	Awards: Girls & Boys U16 Long Jump	
12:10	Awards: Seated Discus, Boys Shot Put	
Track Break		
13:45 800m	Timed Final	Girls - Boys Wheelchair
13:50 800m	Timed Final	Girls - Boys Ambulatory
13:55 800m	Timed Final	Girls U14
14:00 800m	Timed Final	Boys U14
14:10	Awards: Girls & Boys Wheelchair & Ambulatory 800m	
14:10 800m	Timed Final	Girls U16
14:35 800m	Timed Final	Boys U16
14:40	Awards: Girls & Boys U14 800m	
14:45 150m	Final	Girls U14
14:50 150m	Final	Boys U14
14:50	Awards: Girls & Boys U14 800m	
14:55	Awards: Pole Vault, U14 Girls & Boys Long Jump, Boys Hammer Throw, Girls Shot Put	
15:05 200m	Final (if needed)	Girls & Boys Wheelchair
15:10 200m	Final	Girls U16 & Ambulatory
15:15 200m	Final	Boys U16 & Ambulatory
15:15	Awards: Girls & Boys U16 800m, AMB/WC 200m	
15:25	Awards: Girls & Boys U14 150m, U16 & AMB 200m	
15:35 SMR(4-2-2-8)	Timed Final	Girls U14
SMR(4-2-2-8)	Timed Final	Girls U16
15:50 SMR(4-2-2-8)	Timed Final	Boys U14
SMR(4-2-2-8)	Timed Final	Boys U16
16:00	Awards: SMR, Team Trophy	

Ontario Summer Games '24
Athletics Field Day 2

Time	Pole vault	Long Jump	Long Jump	Shot Put	Hammer Throw	Seat Disc
9:30	Warmup				Warmup	
9:45						
10:00		Warmup	Warmup		Girls U16	
10:15					U-16: 3kg	
10:30		Boys U16	Girls U16	Warmup		
10:45	*If needed					
11:00				Boys U14, U16, AMB		Para Girls/Boys
11:15				U-14: 3kg		
11:30				U-16: 4kg		
11:45						
12:00						
12:15						
12:30						
12:45	Field Break	Field Break	Field Break	Field Break	Field Break	Field Break
13:00						
13:15	Warmup	Warmup	Warmup	Warmup	Warmup	
13:30						
13:45	Girls & Boys U16	Boys U14	Girls U14	Girls U14, U16, AMB	Boys U16	
14:00				U-14: 3kg	U-16: 4kg	
14:15				U-16: 3kg		
14:30						
14:45						
15:00						
15:15						
15:30						
15:45						
16:00						
16:15						
16:30						