

GHAC Track and Field Schedule
Day One – Tuesday, May 17th
Mohawk Sports Park – Hamilton

*****Events may start up to 30 minutes earlier than posted*****

Track Events

9:00 MG 100m Heats
 MB 100m Heats
 JG 100m Heats
 JB 100m Heats
 SG 100m Heats
 SB 100m Heats
 Para-Ambulant heats

11:00 OPEN GIRLS 1500m Steeplechase
 OPEN BOYS 2000m Steeplechase

11:30 MG 80m Hurdles Finals
 JG 80m Hurdles Finals
 SG 100m Hurdles Finals
 MB 100m Hurdles Finals
 JB 100m Hurdles Finals
 SB 110m Hurdles Finals

12:15 MG 100m Semi Finals
 MB 100m Semi Finals
 JG 100m Semi Finals
 JB 100m Semi Finals
 SG 100m Semi Finals
 SB 100m Semi Finals

12:45 MG 1500m FINAL
 MB 1500m FINAL
 JG 1500m FINAL
 JB 1500m FINAL
 SG 1500m FINAL
 SB 1500m FINAL

1:45 MG 400m TIMED SECTIONS
 MB 400m TIMED SECTIONS
 JG 400m TIMED SECTIONS
 JB 400m TIMED SECTIONS
 SG 400m TIMED SECTIONS
 SB 400m TIMED SECTIONS

2:45 Para-Ambulant Female 100m FINAL
 Para-Ambulant Male 100m FINAL
 MG 100m FINAL
 MB 100m FINAL
 JG 100m FINAL
 JB 100m FINAL
 SG 100m FINAL
 SB 100m FINAL

Field Events

9:00 Midget Girls Long Jump
 Junior Girls Javelin
 Senior Girls High Jump

10:00 Midget Boys Long Jump
 Junior Boys Javelin
 Senior Boys High Jump

11:15 Midget Girls High Jump
 Junior Girls Long Jump
 Senior Girls Javelin

12:15 Midget Boys High Jump
 Junior Boys Long Jump
 Senior Boys Javelin

1:30 Midget Girls Javelin
 Junior Girls High Jump
 Senior Girls Long Jump

2:30 Midget Boys Javelin
 Junior Boys High Jump
 Senior Boys Long Jump

**GHAC Track and Field Schedule
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Track Events

9:00 MG 200m Heats
MB 200m Heats
JG 200m Heats
JB 200m Heats
SG 200m Heats
SB 200m Heats

10:00 MG 4 x 100m Relay TIMED SECTIONS
MB 4 x 100m RELAY TIMED SECTIONS
JG 4 x 100m RELAY TIMED SECTIONS
JB 4 x 100m RELAY TIMED SECTIONS
SG 4 x 100m RELAY TIMED SECTIONS
SB 4 x 100m RELAY TIMED SECTIONS

11:00 MG 800m TIMED SECTIONS
MB 800m TIMED SECTIONS
JG 800m TIMED SECTIONS
JB 800m TIMED SECTIONS
SG 800m TIMED SECTIONS
SB 800m TIMED SECTIONS

12:00 MG 200m Semi Finals
MB 200m Semi Finals
JG 200m Semi Finals
JB 200m Semi Finals
SG 200m Semi Finals
SB 200m Semi Finals

12:30 SG/SB 3000m FINAL

1:00 TRACK BREAK

1:15 MG 300m Hurdles TIMED SECTIONS
JG 300m Hurdles TIMED SECTIONS
SG 400m Hurdles TIMED SECTIONS
MB 300m Hurdles TIMED SECTIONS
JB 300m Hurdles TIMED SECTIONS
SB 400m Hurdles TIMED SECTIONS

2:00 JG/JB 3000m FINAL

2:30 SG 200m FINAL ****PLEASE NOTE THE
SB 200m FINAL ORDER OF EVENTS****
JG 200m FINAL
JB 200m FINAL
MG 200m FINAL
MB 200m FINAL

3:00 MG/MB 3000m FINAL

3:30 OPEN GIRLS 4 x 400m Relay TIMED SECTIONS
OPEN BOYS 4 X 400m Relay TIMED SECTIONS

Field Events

9:00 Midget Girls Shot Put
Junior Girls Triple Jump
Senior Girls Discus

10:00 Midget Boys Shot Put
Junior Boys Triple Jump
Senior Boys Discus

11:15 Midget Girls Triple Jump
Junior Girls Discus
Senior Girls Shot Put

12:15 Midget Boys Triple Jump
Junior Boys Discus
Senior Boys Shot Put

1:30 Midget Girls Discus
Junior Girls Shot Put
Senior Girls Triple Jump

2:30 Midget Boys Discus
Junior Boys Shot Put
Senior Boys Triple Jump