

SCHEDULE AS OF MAY 31 2024

	JUNE 4th		JUNE 4th		JUNE 4th
Pre Meet					
M Pole Vault	4:45 PM	Track Events (C-Ranking)		Field Events (C-Ranking)	JUNE 4th
Men 800m	3:30 PM	Men 400mH		Gryphons Women's Pole Vault	6:40 PM
Women 800m	3:50 PM	Women 400mH		Hammond Power Men's High Jump	6:45 PM
Men 200m	4:05 PM	Delta Guelph Women 400m		Men's Long Jump	7:30 PM
Women 200m	4:25 PM	Men 400m			
Men 1500m	4:40 PM	PARA AMB Men 400m		Field Events (C-Ranking) @ York	JUNE 5th
Women 1500m	5:15 PM	Men 100m HEATS		Women's Shot Put	5:30 PM
Youth Races	5:30 PM	Crowd Engagement		Men's Shot Put	6:30 PM
Men 400mH	6:25 PM	Men 800m - 2 sections		Women's Discus Throw	7:30 PM
		CAISSA Women 800m - 2 sections			
		Women 100mH HEATS			
		Men 110mH			
		Running Works/ NB Men 100m FINAL			
		Men 1500m			
		PARA AMB Women 200m			
		Women 200m			
		Darby Women 1500m			
		Bigelow Flooring Women 100mH FINAL			
		Men's 5000m	9:05 PM		

