

BC Athletics Championships Jamboree 2009

Senior, Junior, Youth (Juvenile), 15 yr.-olds

CANCELLED EVENTS: Decathlon - Jr, Sr
Octathlon - 15 yr
Heptathlon - 15 yr

6:22 pm 400m Final Men - 15 yr
6:30 pm 400m Final Women - Yth
6:37 pm 400m Final Men - Yth
6:45 pm 400m Final Men - Jr
6:53 pm 400m Final Women - Sr
7:00 pm 400m Final Men - Sr
7:10 pm 400m Octathlon - Yth
7:15 pm 100m Final Women - 15 yr
7:22 pm 100m Final Men - 15 yr
7:30 pm 100m Final Women - Yth
7:37 pm 100m Final Men - Yth
7:45 pm 100m Final Women - Jr
7:52 pm 100m Final Men - Jr
8:00 pm 100m Final Women - Sr
8:07 pm 100m Final Men - Sr
8:10 pm 100m WC Men and Women - all ages
8:15 pm 200m Women Hep - all ages
8:20 pm 1500m Final Women - 15 yr, Yth
8:30 pm 1500m Final Men - 15 yr
8:40 pm 1500m Final Men - Yth
8:50 pm 1500m Final Women - Jr, Sr
9:00 pm 1500m Final Men - Jr, Sr
9:10 pm 1500m WC Women and Men - all ages

FRIDAY, JULY 10, 2009

TRACK EVENTS

6:00 pm 400m semi finals Women - 15 yr
6:10 pm 400m semi finals Men - 15 yr
6:20 pm 400m semi finals Women - Yth
6:30 pm 400m semi finals Men - Yth
6:40 pm 400m semi finals Women - Jr
6:50 pm 400m semi finals Men - Jr
****No semi finals for Sr Women & Men - finals run Sat.**
7:00 pm 5000m Men - Jr, Sr
7:25 pm 5000m Women - Sr
7:45 pm 3000m SC Men - Sr
8:00 pm 2000m SC Men - Yth
8:15 pm 1500m SC Men - 15 yr
8:25 pm 1500m SC Women - 15 yr
8:35 pm 2000m SC Women - Yth, Jr

FIELD EVENTS

5:30 pm Javelin Men - Jr, Sr
6:00 pm Hammer Women - Jr, Sr
6:00 pm Triple Jump Men - Jr, Sr
7:00 pm Hammer Men - Jr, Sr
7:00 pm Triple Jump Women - 15 yr
7:45 pm Triple Jump Women - Yth, Jr

SATURDAY, JULY 11/2009

TRACK EVENTS

4:35 pm 100m Men - Oct Yth
4:45 pm 100m Hur Women - Hep Jr, Sr
4:52 pm 100m Hur Women - Jr, Sr
5:00 pm 100m Hur Women - Yth, Hep Yth
5:05 pm 80m Hur Women - 15 yr
5:15 pm 110m Hur Final Men - Jr
5:20 pm 110m Hur Final Men - Sr
5:25 pm 110m Hur Final Men - Yth
5:35 pm 100m Hur Final Men - 15 yr
5:45 pm 100m Semi finals Women - Yth
5:55 pm 100m Semi finals Men - Yth
6:08 pm 400m WC Women and Men - all ages
6:15 pm 400m Final Women - 15 yr

FIELD EVENTS

2:30 pm Pole Vault Women - Yth, Jr, Sr
4:30 pm High Jump Women - all ages
4:30 pm Long Jump Men - 15 yr
4:30 pm Hammer Women - 15 yr, Yth
4:30 pm Pole Vault Men - all ages
5:00 pm Shot Put Men - 15 yr, Yth
5:15 pm Hammer Men - 15 yr, Yth
5:20 pm Long Jump - Oct Yth
5:30 pm High Jump Women - Hep Jr, Sr
5:45 pm Long Jump Men - Yth
6:15 pm Discus Women - 15 yr, Yth
6:15 pm Shot Put Men - Jr, Sr, plus Oct
7:00 pm Shot Put Women - Hep
7:15 pm Javelin Women - Jr, Sr
7:30 pm High Jump Men - all ages
7:30 pm Shot Put Women - 15 yr, Yth

SATURDAY MULTI-EVENTS SCHEDULE (approx)

OCTATHLON (15 yr & Yth Men)

4:35 pm 100m (Yth)
5:20 pm Long Jump (Yth)

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6:15 pm Shot Put (Yth)
7:10 pm 400 meters (Yth)

HEPTATHLON (15 yr, Yth, Jr, Sr Women)

4:45 pm 100m Hurdles (Jr, Sr)
5:00 pm 100m Hurdles (Yth)
5:05 pm 80m Hurdles (15 yr)
5:30 pm High Jump
7:00 pm Shot Put
8:15 pm 200m

SUNDAY, JULY 12/2009

TRACK EVENTS

9:30 am 110m Hur Men - Oct Yth
9:35 am 1500m RW Women - Yth
9:50 am 1500m RW Men - 15 yr, Yth
10:05 am 5000m RW Women - Jr, Sr
10:35 am 5000m RW Men - Jr, Sr
10:50 am 3000m Final Women - 15 yr, Yth, Jr
11:05 am 3000m Final Men - 15 yr, Yth
11:20 am 200m Semi Final Women - 15 yr
11:30 am 200m Semi Final Men - 15 yr
11:40 am 200m Semi final Women - Yth
11:50 am 200m Semi final Men - Yth
12:00 noon 200m Semi final Men - Jr
12:10 pm 200m Semi Final Men - Sr
12:20 pm 1000m Men - Oct Yth
1:00 pm 300m Hur Final Women - 15 yr
1:10 pm 300m Hur Final Men - 15 yr
1:20 pm 400m Hur Final Women - Yth
1:30 pm 400m Hur Final Women - Jr, Sr
1:40 pm 400m Hur Final Men - Yth
1:50 pm 400m Hur Final Men - Jr, Sr
2:00 pm 800m Women - Hep - Jr, Sr
2:08 pm 200m WC Women and Men - all ages
2:10 pm 200m Final Women - 15 yr
2:15 pm 200m Final Men - 15 yr
2:20 pm 200m Final Women - Yth
2:25 pm 200m Final Men - Yth
2:30 pm 200m Final Women - Jr
2:35 pm 200m Final Men - Jr
2:40 pm 200m Final Women - Sr
2:45 pm 200m Final Men - Sr
2:55 pm 800m Women - 15 yr
3:08 pm 800m Men - 15 yr
3:15 pm 800m Women - Yth

3:25 pm 800m Men - Yth
3:35 pm 800m Women - Jr
3:45 pm 800m Men - Jr
3:55 pm 800m Women - Sr
4:05 pm 800m Men - Sr
4:15 pm 800m WC Women and Men - all ages

FIELD EVENTS

10:00 am Triple Jump Men - 15 yr
10:15 am Discus Men - Jr, Sr
10:15 am High Jump Men - Oct
11:00 am Triple Jump Men - Yth
11:00 am Long Jump Women - 15 yr, plus Hep
11:00 am Shot Put Women - Jr
11:15 am Javelin Men - 15 yr, Yth, plus Oct
11:15 am Discus Men - Yth
12:15 am Long Jump Women - Yth, Jr, Sr
12:15 pm Discus Men - 15 yr, Yth
12:30 pm Javelin Women - 15 yr, Yth, plus Hep
1:15 pm Long Jump Men - Jr, Sr
1:30 pm Discus Women - Jr, Sr
1:30 pm Javelin Women - 15 yr

SUNDAY MULTI-EVENTS SCHEDULE (approx.)

OCTATHLON (15 yr & Yth Men)

9:30 am 110m Hurdles (Yth)
10:15 am High Jump
11:15 am Javelin
12:20 pm 1000m

HEPTATHLON (Yth, Juv, Jr, Sr Women)

11:00 am Long Jump
12:30 pm Javelin
2:00 pm 800m