

CANADA WEST CHAMPIONSHIPS 2019
FINAL FRIDAY FEB 22 TRACK EVENTS

TIME		EVENT	DETAIL	# of heats
2:10PM	W	60m Hurdles	Pentathlon	1
2:20PM	W	60m Hurdles	Heats	2
Men hurdles straight final at finals time				
2:50PM	M	60m	Heptathlon	1
3:10PM	W	1000m	Timed FINAL	1
3:25PM	M	1000m	Timed FINAL	2
3:40PM	W	300m	Heats	4
4:00PM	M	300m	Heats	4
4:25PM	W	3000m	FINAL	1
4:40PM	M	3000m	FINAL	1
5:20PM		Awards	M WT / M LJ	
5:25PM		Awards	M/W 1000m	
5:30PM		Awards	M/W 3000m	
6:50PM	W	60mH	FINAL	1
7:00PM	M	60mH	FINAL	1
7:15PM	W	300m	FINAL	2
7:20PM	M	300m	FINAL	2
7:30PM	W	800m	Pentathlon	1
7:50PM	W	4x800m	FINAL	1
8:05PM	M	4x800m	FINAL	1
8:20PM		AWARDS	All remaining Day 1	

Stream: canadawest.tv

Live Results: <http://www.ellistiming.ca/CanWest/LiveResults/>

CANADA WEST CHAMPIONSHIPS 2019
FINAL FRIDAY FEB 22 - FIELD EVENTS

THROWS

	Event	#'s	Site Open	Start Time	End Time	Awards time
M	Weight Throw	16	1:30PM	2:00PM	3:15PM	5:20PM
W	Shot Put - Pent	7	3:45PM	4:15PM	4:45PM	
M	Shot Put - Hep	7	4:50PM	5:20PM	5:45PM	
W	Shot Put	14	6:20PM	6:50PM	7:50PM	8:20PM

HORIZONTAL JUMPS

	Event	#'s	Site Open	Start Time	End Time	Awards time
M	Long Jump	14	1:30PM	2:00PM	3:00PM	5:20PM
M	Long Jump - Hep	7	3:30PM	4:00PM	4:20PM	
W	Long Jump - Pent	7	4:45PM	5:15PM	5:45PM	
W	Long Jump F1	8	6:00PM	6:30PM	6:57PM	
W	Long Jump F2	12	7:00PM	7:30PM	8:00PM	
W	Long Jump Final	8		8:00PM	8:25PM	8:30PM

HIGH JUMP

	Event	#'s	Site Open	Start Time	End Time	Awards time
W	High Jump - Pent	7	2:35PM	2:55PM	3:30PM	
M	High Jump - Hep	7	5:50PM	6:40PM	7:10PM	

POLE VAULT

	Event	#'s	Site Open	Start Time	End Time	Awards time
W	Pole Vault	12	4:45PM	5:45PM	8:00PM	8:20PM

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CANADA WEST CHAMPIONSHIPS 2019 TENTATIVE SATURDAY FEB 23 TRACK EVENTS					CANADA WEST CHAMPIONSHIPS 2019 TENTATIVE SATURDAY FEB 23 - FIELD EVENTS					
TIME		EVENT	DETAIL	# of heats	THROWS					
10:50AM	M	60mH	Heptathlon	1	Event	#'s	Site Open	Start Time	End Time	Awards time
12:30PM	W	60m	Heats	3	W	Weight Throw	18	10:15AM	10:45AM	11:55AM 2:15PM
12:50PM	M	60m	Heats	4	M	Shot Put	17	1:30PM	2:00PM	3:15PM 4:15PM
1:10PM	W	600m	FINAL	3	HORIZONTAL JUMPS					
1:25PM	M	600m	FINAL	5	Event	#'s	Site Open	Start Time	End Time	Awards time
1:50PM	W	60m	FINAL	1	M	Triple Jump	12	11:00AM	11:30AM	12:30PM 2:15PM
1:55PM	M	60m	FINAL	1	W	Triple Jump	15	1:30PM	2:00PM	3:15PM 4:15PM
2:05PM	M	1000m	Heptathlon	1	POLE VAULT					
2:15PM		AWARDS	W WT / M TJ / W HJ		Event	#'s	Site Open	Start Time	End Time	Awards time
2:45PM	W	4x200m	FINAL	1	M	Pole Vault - Hep	7	10:55AM	11:40AM	12:40PM
2:55PM	M	4x200m	FINAL	1	M	Pole Vault	10	1:00PM	2:00PM	3:30PM 4:15PM
3:05PM	W	1500m	FINAL	2	HIGH JUMP					
3:20PM	M	1500m	FINAL	3	Event	#'s	Site Open	Start Time	End Time	Awards time
3:35PM		AWARDS	W/M 60M		W	High Jump	16	11:30AM	12:00PM	12:30PM 2:15PM
3:50PM	W	4x400m	FINAL	1	M	Hlgh Jump	12	1:30PM	2:00PM	3:15PM 4:15PM
4:00PM	M	4x400m	FINAL	2						
4:15PM		AWARDS	All remaining awards							

