

# OAC Championships Day 1

## Friday April 26

12:00PM	M Pole Vault
12:00PM	W Discus
12:00PM	W Long Jump
12:00PM	M Javelin
2:10PM	W Javelin
2:10PM	M Discus
2:10PM	M Long Jump
3:00PM	W Pole Vault
4:10PM	M 110H Prelims
4:20PM	W 100H Prelims
4:30PM	M 400m Prelims
4:45PM	W 400m Prelims
4:50PM	M 100m Prelims
5:00PM	W 100m Prelims
5:10PM	M 3k Steeple
5:30PM	W 3k Steeple
5:45PM	M 400H Prelims
5:55PM	W 400H Prelims
6:10PM	M 200m Prelims
6:20PM	W 200m Prelims
6:30PM	M 10k
7:15PM	W 10k
7:55PM	M 4x800
8:10PM	W 4x800

# OAC Championships Day 2

## Saturday April 27

9:30AM	W Shot Put
9:30AM	M High Jump / Women immediately to follow
9:30AM	W Triple Jump / Men immediately to follow
9:30AM	M Hammer
1:00PM	M Shot Put
1:00PM	W Hammer
3:00PM	M 4x100
3:05PM	W 4x100
3:15PM	M 1500
3:25PM	W 1500
3:35PM	M 110H Final
3:45PM	W 100H Final
4:00PM	M 400m Final
4:05PM	W 400m Final
4:15PM	M 100m Final
4:20PM	W 100m Final
4:25PM	M 800
4:35PM	W 800
4:45PM	M 400H Final
4:50PM	W 400H Final
4:55PM	M 200m Final
5:00PM	W 200m Final
5:05PM	M 5k
5:25PM	W 5k
5:50PM	M 4x400
6:05PM	W 4x400