

**BC ATHLETICS**  
**2023 TRACK AND FIELD JAMBOREE**  
**U16, U18, U20, SENIOR, PARA & COMBINED EVENTS**  
**TENTATIVE TRACK & COMBINED EVENTS SCHEDULE (March 30, 2023)**

**FRIDAY JULY 7, 2023**

**TRACK**

4:00 pm	300m Semi Finals	Women U16	
4:15 pm	300m Semi Finals	Men U16	
4:30 pm	400m Semi Finals	Women U18	
4:45 pm	400m Semi Finals	Men U18	
5:00 pm	400m Semi Finals	Women U20	
5:15 pm	400m Semi Finals	Men U20	
5:30 pm	400m Semi Finals	Women Sr.	
5:45 pm	400m Semi Finals	Men Sr.	
5:55 pm	1500m WC	Women & Men All	
6:05pm	1500m RW	Women & Men U16	
6:20-6:40pm	Track Break		
6:40 pm	1500m SC	Women U16	
6:50 pm	1500m SC	Men U16	
7:00 pm	2000m SC	Women U18	
7:15 pm	3000m SC	Women U20, Sr.	
7:30 pm	2000m SC	Men U18	
7:45 pm	3000m SC	Men U20, Sr.	
8:00 pm	5000m Final	Women U20, Sr.	
8:25 pm	5000m Final	Men U20, Sr.	

**SATURDAY JULY 8, 2023**

**TRACK**

8:00 am	10,000m RW	Women & Men U20,Sr.	
8:00 am	5000m RW	Women & Men U18	
9:20 am	100m Dec	Men U18, U20, Sr	
9:30am	80mH Pent	Women U16	
9:35am	80mH Semi Finals	Women U16	
9:45am	100mH Pent	Men U16	
9:50 am	100mH Hep	Women U18,U20,Sr.	
9:55am	100mH Semi Finals	Women U18	
10:00am	100mH Semi Finals	Women U20	
10:05am	100mH Semi Finals	Women Sr.	
10:10am	100mH Semi Finals	Men U16	
10:15am	110mH Semi Finals	Men U18	
10:20am	110mH Semi Finals	Men U20	
10:25am	110mH Semi Finals	Men Sr.	
10:30am	100m Semi Finals	Women U16	
10:35am	100m Semi Finals	Men U16	
10:45am	100m Semi Finals	Women U18	
10:55am	100m Semi Finals	Men U18	
11:05am	100m Semi Finals	Women U20	
11:15 pm	100m Semi Finals	Men U20	
11:25pm	100m Semi Finals	Women Sr.	
11:35pm	100m Semi Finals	Men Sr.	
11:40am – 12:30pm	Track Break		
12:30 pm	300m Final	Women U16	

12:35pm	300m Final	Men U16	
12:40pm	400m Final	Women U18	
12:45pm	400m Final	Men U18	
12:50pm	400m Final	Women U20	
12:55pm	400m Final	Men U20	
1:00 pm	400m Final	Women Sr.	
1:05 pm	400m Final	Men Sr.	
1:10 pm	400m WC	Men & Women All	
1:25pm	80mH Final	Women U16	
1:30pm	100mH Final	Women U18	
1:35 pm	100mH Final	Men U16	
1:40 pm	100mH Final	Women U20	
1:45 pm	100mH Final	Women Sr.	
1:50 pm	110mH Final	Men U18	
1:55 pm	110mH Final	Men U20	
2:00 pm	110mH Final	Men Sr.	
2:05-2:25pm	Track Break		
2:25pm	100m Final	Women U16	
2:30 pm	100m Final	Men U16	
2:35 pm	100m Final	Women U18	
2:40 pm	100m Final	Men U18	
2:45 pm	100m Final	Women U20	
2:50 pm	100m Final	Men U20	
2:55 pm	100m Final	Women Sr.	
3:00 pm	100m Final	Men Sr.	
3:05 pm	100m WC	Women & Men All	
3:10 pm	200m Hep	Women U18, U20, Sr	
3:15pm	1200m Final	Women U16	
3:25pm	1200m Final	Men U16	
3:35 pm	1500m Final	Women U18	
3:45 pm	1500m Final	Men U18	
3:55 pm	1500m Final	Women U20	
4:05 pm	1500m Final	Men U20	
4:15 pm	1500m Final	Women Sr.	
4:25 pm	1500m Final	Men Sr.	
4:35-4:50pm	Track Break		
4:50 pm	800m Pent	Women U16	
5:00 pm	400m Dec	Men	
5:05 pm	1000m Pent	Men U16	

**SATURDAY MULTI EVENTS**

Approximate Time Schedule

**Decathlon (Men U18, U20, Sr.)**

9:20am	100m
10:45 am	Long Jump
1:00 pm	Shot Put
2:30 pm	High Jump
5:00 pm	400m

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**Heptathlon (Women U18, U20, Sr.)**

9:45 am	100m Hurdles
11:00am	High Jump
1:30pm	Shot Put
3:10 pm	200m

**Pentathlon (Women U16)**

9:30 am	80m Hurdles
10:30 am	High Jump
1:30 pm	Long Jump
3:15pm	Shot Put
4:50 pm	800m

**Pentathlon (Men U16)**

9:45 am	100m Hurdles
10:45 pm	Long Jump
1:00 pm	Shot Put
2:45 pm	High Jump
5:05 pm	1000m

1:30 pm	200m Final	Women U16
1:35 pm	200m Final	Men U16
1:40 pm	200m Final	Women U18
1:45 pm	200m Final	Men U18
1:50 pm	200m Final	Women U20
1:55 pm	200m Final	Men U20
2:00 pm	200m Final	Women Sr.
2:05 pm	200m Final	Men Sr.
2:05-2:20pm	Track Break	
2:20pm	800m Hep	Women U18, U20, Sr.
2:30 pm	800m WC	Women & Men All
2:40 pm	800m Final	Women U16
2:50 pm	800m Final	Men U16
3:00 pm	800m Final	Women U18
3:10 pm	800m Final	Men U18
3:20 pm	800m Final	Women U20
3:30 pm	800m Final	Men U20
3:40 pm	800m Final	Women Sr.
3:50 pm	800m Final	Men Sr.
4:00 pm	1500m Dec	Men U18, U20, Sr.
4:10 pm	4x100m Relay*	Women All Ages
4:15 pm	4x100m Relay*	Men All Ages
4:20 pm	4x400m Relay*	Women All Ages
4:30 pm	4x400m Relay*	Men All Ages

\*exhibition event

**SUNDAY JULY 9, 2023**

**TRACK**

9:00 am	110mH Dec	Men U18, U20, Sr.
9:10 am	2000m Final	Women U16
9:20 am	2000m Final	Men U16
9:30 am	3000m Final	Women U18
9:45 am	3000m Final	Men U18
10:30 am	200m Semi Finals	Women U16
10:40 am	200m Semi Finals	Men U16
10:50 am	200m Semi Finals	Women U18
11:00 am	200m Semi Finals	Men U18
11:10 am	200m Semi Finals	Women U20
11:20 am	200m Semi Finals	Men U20
11:30 am	200m Semi Finals	Women Sr.
11:40 am	200m Semi Finals	Men Sr.
11:50 am	300mH Final	Women U16
11:55 am	300mH Final	Men U16
12:00 pm	400mH Final	Women U18
12:05 pm	400mH Final	Men U18
12:10 pm	400mH Final	Women U20
12:15 pm	400mH Final	Men U20
12:20 pm	400mH Final	Women Sr.
12:25 pm	400mH Final	Men Sr.
12:25-1:25pm	Track Break	
1:25 pm	200m WC	Women & Men All

**SUNDAY MULTI EVENTS**

**Approximate Time Schedule**

**Heptathlon (Women U18, U20, Sr.)**

10:00 am	Long Jump
12:30 pm	Javelin
2:50 pm	800m

**Decathlon (Men U18, U20, Sr.)**

9:00 am	110m Hurdles
10:00 am	Discus
11:30 am	Pole Vault
2:45 pm	Javelin
4:00 pm	1500m