



**JACK BROW MEMORIAL & BC MASTERS CHAMPIONSHIP
SCHEDULE 2023 – FINAL**

(Last Updated June 28)

FRIDAY, JUNE 30TH

FIELD EVENTS:

Throws Pentathlon – Masters Women & Men

Time	Event (Women)	Event (Men)
4:00pm	Hammer	
5:00pm	Shot Put	Hammer
5:45pm	Discus	Shot Put
6:30pm	Javelin	Discus
7:15pm	Weight Throw	Javelin
8:00pm		Weight Throw

TRACK EVENTS:

Time	Event	Comment	Age Group(s)
5:30pm	300m	Timed Finals	U16 Girls & Boys
5:45pm	400m	Timed Finals	U18, U20, Senior, Masters W/M
6:10pm	1500m Steeplechase (no water)	Timed Finals	U16 W/M
6:20pm	2000m Steeplechase	Timed Finals	U18W/M
6:35pm	3000m Steeplechase	Timed Finals	U20 – Senior W/M

TIMES ARE APPROXIMATE. EVENTS MAY START UP TO 30 MINUTES EARLY.

SATURDAY, JULY 1ST

FIELD EVENTS:

Time	High Jump	Long Jump (Pit A)	Long Jump (Pit B)	Shot Put (A/B)	Discus	Javelin	Hammer	Pole Vault
8:00am	2011 Girls	2012 Boys	2012 Girls	2013 Boys (A) 2013 Girls	2010 & U16 Girls			
8:45am				U18,U20, Senior Men (B)				
9:00am	2011 Boys	2010 Boys	2011 Girls		2012 & U16 Boys	2010 & 2011 Girls		
10:00am	2014 Girls	2011 Boys	2010 Girls	Masters Men (B)	Senior/Masters Women	2012 & 2013 Girls		
10:30am								U20, Masters Women, U16 Girls, Masters Men
11:00am	2014 Boys		U16 Girls	2012 Boys (A)	U18, U20 Men	U20, Senior Women		
11:30am		U20 Men Senior/Masters Men						
12:00pm	U16 Boys Senior M			2011 Girls 2012 Girls	U18, U20 Women	U16 Girls		
12:30pm			Senior/Masters Women					U16, U20, Men
1:00pm	2013 Girls					U20, Senior Men	2011 Boys 2010 Boys	
1:30pm		U18 Men						
2:00pm	2013 Boys			2014 Girls & Boys	Senior/Masters Men	Masters Women		
2:30pm		U16 Men	U18 Women U20 Women					
3:00pm	2010 Boys			2011 Boys		Masters Men	2010 Girls 2011 Girls	
4:30pm	2010 Girls					U16 Boys		

Masters Weight Throw – Hammer Cage

4:00pm	Masters Women
5:00pm	Masters Men

SATURDAY, JULY 1ST

TRACK EVENTS:

Time	Event	Comment	Age Group(s)
8:00am	2000m	Timed Finals	2010, U16 Girls & Boys
8:25am	3000m	Timed Finals	U18, U20 , Masters Women & Men
9:00am	110m Hurdles	Timed Finals	Senior Men, Masters Men (35-49), U20 Men, U18 Men
9:15am	100m Hurdles	Timed Finals	Senior Women, U20 Women, U16 Men,
9:25am	100m Hurdles	Timed Finals	U18 Women
9:35am	100m Hurdles	Timed Finals	Masters Men (60-69)
9:45am	80m Hurdles	Timed Finals	Masters Women (50-59)
9:55am	80m Hurdles	Timed Finals	Masters Women (40-49), U16 Women,
10:10am	80m Hurdles	Timed Finals	2010 Boys
10:15am	80m Hurdles	Timed Finals	2010 Girls
10:30am	80m Hurdles	Timed Finals	2011 Girls & Boys
10:50am	60m Hurdles	Timed Finals	2012 Girls & Boys
11:05am	60m Hurdles	Timed Finals	2013 Girls & Boys
11:20am	60m Hurdles	Timed Finals	2014 Girls & Boys
11:30pm	Lunch		
12:00pm	60m	Timed Finals	2014 Girls & Boys
12:10pm	60m	Timed Finals	2013 Girls & Boys
12:30pm	60m	Timed Finals	2012 Girls & Boys
12:50pm	200m	Timed Finals	2012 Girls & Boys
1:00pm	200m	Timed Finals	2011 Girls & Boys
1:10pm	200m	Timed Finals	2010 Girls & Boys
1:20pm	200m	Timed Finals	U16 Girls
1:30pm	200m	Timed Finals	U16 Boys
1:35pm	200m	Timed Finals	U18 Women & Men
1:45pm	200m	Timed Finals	U20 Women & men
1:50pm	200m	Timed Finals	Senior & Masters Women & Men
2:20pm	600m	Timed Finals	2014-2012 Girls & Boys
2:45pm	800m	Timed Finals	2011-2010 Girls & Boys
3:00pm	800m	Timed Finals	U16 Girls & Boys
3:15pm	800m	Timed Finals	U18 Women & Men
3:25pm	800m	Timed Finals	U20, Senior, Masters Women & Men
4:00pm	4 x 100m relays	Timed Finals	All Ages Women & Men
4:30pm	4 x 100m family fun relay	Timed Finals	All Ages

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SUNDAY, JULY 2ND

FIELD EVENTS:

Time	High Jump	Long Jump Pit A	Triple Jump Pit B	Shot Put	Discus	Javelin	Hammer
8:00am	2012 Girls						
8:45am					2011 Boy 2011 Girls		
9:00am			U18, U20 Men U16 Boys	U16 Boys, U20, Senior Women			
9:45am	U18, U20 Senior Women				2013 Girls		
10:00am				U16, U18 Women		2012 Boys 2013 Boys	
10:15am			Masters Men/Women				Senior, Masters Women
10:45am	2012 Boys	2014 Girls 2014 Boys					
11:15am							Senior, Masters Men
11:45am		2013 Boys		2010 Girls 2010 Boys		2010 Boys 2011 Boys	
12:00pm	U18, U20 Men						
12:30pm					2012 Girls 2013 Boys 2010 Boys	U18 Women U18 Men	
1:00pm		2013 Girls	U18 Women Senior Women				
1:30pm	U16 Girls			Masters Women			U16 Boys U16 Girls
2:30pm	Masters Women		2010 Boys 2010 Girls U16, U20 Women				U18, U20 Men U18,U20 Women
3:30pm	Masters Men						

SUNDAY, JULY 2ND

TRACK EVENTS:

Time	Event	Comment	Age Group(s)
8:00am	5000m	Timed Finals	U20, Senior, Masters Women & Men
8:30am	1000m	Timed Finals	2014-2012 Girls & Boys
8:45am	1200m	Timed Finals	2011-2010 Girls & Boys
8:55am	1200m	Timed Finals	U16 Girls & Boys
9:10am	1500m	Timed Finals	U18 Women & Men
9:25am	1500m	Timed Finals	U20 Women & Men
9:40am	1500m	Timed Finals	Masters Women & Men
10:00am	100m	Timed Finals	2014 Girls & Boys
10:10am	100m	Timed Finals	2013 Girls & Boys
10:25am	100m	Timed Finals	2012 Girls & Boys
10:40am	100m	Timed Finals	2011 Girls & Boys
10:55am	100m	Timed Finals	2010 Girls & Boys
11:10am	100m	Heats (finals if only 1 heat)	U16 Girls & Boys
11:20am	100m	Heats (finals if only 1 heat)	U18 Women & Men
11:35am	100m	Heats (finals if only 1 heat)	U20 Women & Men
11:45am	100m	Heats (finals if only 1 heat)	Senior Women & Men
11:55am	100m	Heats (finals if only 1 heat)	Masters Women & Men
12:15pm		LUNCH	
12:30pm	Lollipop Run - 5 years and under		
12:45pm	Run, Jump, Throw – 6-8 years		
1:00pm	400m Hurdles	Timed Finals	Senior Men, U20 Men
1:15pm	400m Hurdles	Timed Finals	U18 Men
1:25pm	400m Hurdles	Timed Finals	Masters Women (35-49), Senior, U20, U18 Women
1:40pm	300m Hurdles	Timed Finals	Masters Women (50-59), U16 Women, U16 Men
2:00pm	200m Hurdles	Timed Finals	2010 Girls & Boys
2:10pm	200m Hurdles	Timed Finals	2011 Girls & Boys
2:15pm	100m	Finals	U16 – Masters Women & Men
2:30pm	300m	Timed Finals	2011, 2010 Girls
2:40pm	300m	Timed Finals	2011, 2010 Boys
3:00pm	4 x 400m relays	Timed Finals	Masters, Senior, U20, U18

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