



FINAL SCHEDULE OF EVENTS

SCHEDULE NOTES

- This is a FINAL schedule.
- Field events with more than 16 entries will be split into multiple flights and separated based on seed performance.
- All para-ambulatory athletes will compete in their event category and age group.
- The schedule may run up to 15 minutes ahead of schedule if time permits.

Legend:

H = Hurdles | WC – Wheelchair | SC = Steeple Chase | RW = Race Walk |

CHANGE HISTORY	
04.14.26	Adjustment to Men's/Women's U16 Triple Jump (moved to Sunday) and Men's U16 Long Jump (Saturday)
06.10.26	BC Athletics has added a 3000m event for U20+Senior athletes. U20 and Senior will run together in the heat. There will be a cap of 16 athletes for men and 16 athletes for women with minimum entry standards of 10:30.00 for men and 13:44.00 for women. After registration BC Athletics will select the top 16 athletes who have made the minimum standard and refund all other athletes
06.30.26	Final Schedule Posted



FINAL SCHEDULE OF EVENTS

FRIDAY 03 JUL 26 | TRACK EVENTS

Time	Event	Sex	Category	Round	Heats
11:00 AM	80mH	Women	U16	Pentathlon	1
11:15 AM	100mH	Men	U16	Pentathlon	1
11:20 AM	TRACK BREAK				
2:30 PM	300m	Women	U16	Semi Final	2
2:35 PM	300m	Men	U16	Semi Final	3
2:45 PM	400m	Women	U18	Semi Final	4
2:55 PM	400m	Men	U18	Semi Final	4
3:05 PM	400m	Women	U20	Semi Final	2
3:10 PM	400m	Men	U20	Semi Final	4
3:20 PM	WC CALIBRATION				
3:35 PM	1500mWC	Men	Para WC	Timed Final	1
3:50 PM	STEEPLECHASE SETUP				
4:20 PM	1500mSC	Women	U16	Timed Final	1
4:30 PM	1500mSC	Men	U16	Timed Final	1
4:40 PM	2000mSC - 0.76m	Women	U18	Timed Final	1
4:55 PM	2000mSC - 0.84m	Men	U18	Timed Final	1
5:15 PM	3000mSC - 0.91m	Men	U20 + Senior	Timed Final	1
5:40 PM	800m	Women	U16	Pentathlon	1
5:45 PM	1000m	Men	U16	Pentathlon	1
5:50 PM	1500mRW	Women	U16	Timed Final	1
6:00 PM	5000mRW	Mixed	U18	Timed Final	1
6:00 PM	10000mRW	Mixed	Senior	Timed Final	1
7:00 PM	END OF DAY				



FINAL SCHEDULE OF EVENTS

FRIDAY 03 JUL 26 | FIELD EVENTS

Time	Event	Sex	Category	Round	Flight
11:00 AM	High Jump	Men	U18	Final (Pit A)	1
11:00 AM	Hammer Throw	Women	U16	Final	1
12:00 PM	High Jump	Women	U16	Pentathlon (Pit B)	1
12:10 PM	Long Jump	Men	U16	Pentathlon (Pit B)	1
1:00 PM	High Jump	Women	U16	Final (Pit A)	1
1:00 PM	Hammer Throw	Men	U16 + U18	Final	1
2:00 PM	Long Jump	Women	U16	Pentathlon (Pit B)	1
2:30 PM	Shot Put	Men	U16	Pentathlon	1
3:00 PM	Pole Vault	Women	U20 + Senior	Final	1
3:00 PM	Triple Jump	Women	U18	Final (Pit A)	2
3:00 PM	Hammer Throw	Women	U18	Final	1
4:00 PM	High Jump	Men	U16	Pentathlon (Pit A)	1
4:00 PM	Shot Put	Women	U16	Pentathlon	1
4:15 PM	Triple Jump	Men	U18	Final (Pit B)	1
5:00 PM	Hammer Throw	Men	U20 + Senior	Final	1
5:00 PM	Shot Put	Men	U16	Final	1
6:00 PM	High Jump	Women	U20 + Senior	Final (Pit A)	1
6:00 PM	Pole Vault	Men	U20 + Senior	Final	1
6:15 PM	Shot Put	Women	U16	Final	1
6:45 PM	Triple Jump	Women	U20 + Senior	Final (Pit A)	1
6:45 PM	Triple Jump	Men	U20 + Senior	Final (Pit B)	1
6:45 PM	Hammer Throw	Women	U20 + Senior	Final	1
8:00 PM	END OF DAY				

FINAL SCHEDULE OF EVENTS



FRIDAY 03 JUL 26 | COMBINED EVENTS

Time	Event	Sex	Category	Round
11:15 AM	100mH	Men	U16	Pentathlon
12:10 PM	Long Jump	Men	U16	Pentathlon (Pit B)
2:30 PM	Shot Put	Men	U16	Pentathlon
4:00 PM	High Jump	Men	U16	Pentathlon (Pit A)
5:45 PM	1000m	Men	U16	Pentathlon

Time	Event	Sex	Category	Round
11:00 AM	80mH	Women	U16	Pentathlon
12:00 PM	High Jump	Women	U16	Pentathlon (Pit B)
2:00 PM	Long Jump	Women	U16	Pentathlon (Pit B)
4:00 PM	Shot Put	Women	U16	Pentathlon
5:40 PM	800m	Women	U16	Pentathlon



FINAL SCHEDULE OF EVENTS

SATURDAY 04 JUL 26 | TRACK EVENTS

Time	Event	Sex	Category	Round	Heats
9:00 AM	100m	Men	U18-Senior	Decathlon	2
9:20 AM	80mH - 0.76m	Women	U16	Semi Final	3
9:30 AM	100mH - 0.76m	Women	U18	Heptathlon	1
9:35 AM	100mH - 0.76m	Women	U18	Semi Final	3
9:55 AM	100mH - 0.84m	Women	U20	Heptathlon	1
10:05 AM	110mH - 0.91m	Men	U18	Semi Final	2
10:20 AM	100m	Women	U16	Semi Final	5
10:30 AM	100m	Men	U16	Semi Final	5
10:40 AM	100m	Women	U18	Semi Final	6
10:55 AM	100m	Men	U18	Semi Final	6
11:10 AM	100m	Women	U20	Semi Final	3
11:15 AM	100m	Men	U20	Semi Final	4
11:25 AM	100m	Men	Senior	Semi Final	3
11:35 AM	WC CALIBRATION				
12:05 PM	300m	Women	U16	Final	1
12:10 PM	300m	Men	U16	Final	1
12:20 PM	400mWC	Men	Para WC	Final	1
12:25 PM	400m	Women	U18	Final	B + A
12:30 PM	400m	Men	U18	Final	B + A
12:35 PM	400m	Women	U20	Final	1
12:40 PM	400m	Men	U20	Final	B + A
12:45 PM	400m	Women	Senior	Final	1
12:50 PM	400m	Men	Senior	Final	1
12:55 PM	TRACK BREAK				
1:55 PM	80mH - 0.76m	Women	U16	Final	1
2:00 PM	100mH - 0.76m	Women	U18	Final	1



FINAL SCHEDULE OF EVENTS

SATURDAY 04 JUL 26 | TRACK EVENTS continued

Time	Event	Sex	Category	Round	Heats
2:05 PM	100mH - 0.84m	Men	U16	Final	1
2:10 PM	100mH - 0.84m	Women	U20	Final	1
2:15 PM	100mH - 0.84m	Women	Senior	Final	1
2:20 PM	110mH - 0.91m	Men	U18	Final	1
2:25 PM	110mH - 0.99m	Men	U20	Final	1
2:30 PM	100mWC	Women	Para WC	Final	1
2:35 PM	100mWC	Men	Para WC	Final	1
2:40 PM	100m Frame Running (FR)	Women	Para FR	Final	1
2:45 PM	100m	Women	U16	Final	B + A
2:50 PM	100m	Men	U16	Final	B + A
2:55 PM	100m	Women	U18	Final	B + A
3:00 PM	100m	Men	U18	Final	B + A
3:05 PM	100m	Women	U20	Final	1
3:10 PM	100m	Men	U20	Final	B + A
3:15 PM	100m	Women	Senior	Final	1
3:20 PM	100m	Men	Senior	Final	1
3:30 PM	1200m	Women	U16	Final	2
3:40 PM	1200m	Men	U16	Final	2
3:50 PM	1500m	Women	U18	Final	2
4:00 PM	1500m	Men	U18	Final	2
4:10 PM	1500m	Women	U20 + Senior	Final	1
4:15 PM	1500m	Men	U20	Final	2
4:25 PM	1500m	Men	Senior	Final	2
4:40 PM	200m	Women	U18-Senior	Heptathlon	2
5:30 PM	400m	Men	U18-Senior	Decathlon	2
5:35 PM	END OF DAY				



FINAL SCHEDULE OF EVENTS

SATURDAY 04 JUL 26 | FIELD EVENTS

Time	Event	Sex	Category	Round	Flights
9:00 AM	Javelin Throw	Men	U16	Final	1
9:00 AM	Long Jump	Women	U16	Final (Pit A)	2
9:00 AM	Long Jump	Men	U16	Final (Pit B)	2
10:00 AM	Pole Vault	Women	U16 + U18	Final	1
10:30 AM	Javelin Throw	Men	U18	Final	1
11:30 AM	Long Jump	Men	U18-Senior	Decathlon (Pit B)	1
12:00 PM	High Jump	Women	U18-Senior	Heptathlon (Pit A)	1
12:30 PM	Discus Throw	Men	U16	Final	1
1:30 PM	Shot Put	Men	U18-Senior	Decathlon	1
1:30 PM	Seated Discus Throw	Mixed	Para WC	Final	1
1:00 PM	Pole Vault	Men	U16 + U18	Final	1
1:00 PM	Long Jump	Men	U18	Final (Pit A)	2
1:00 PM	Long Jump	Women	U18	Final (Pit B)	2
2:00 PM	Discus Throw	Women	U16	Final	1
3:00 PM	Shot Put	Women	U18-Senior	Heptathlon	1
3:30 PM	High Jump	Men	U18-Senior	Decathlon (Pit A)	1
3:30 PM	Discus Throw	Men	U18	Final	1
4:00 PM	Seated Javelin Throw	Mixed	Para WC	Final	1
4:00 PM	High Jump	Men	U16	Final (Pit B)	1
4:00 PM	Long Jump	Men	U20	Final (Pit A)	1
4:00 PM	Long Jump	Women	U20 + Senior	Final (Pit B)	1
5:00 PM	Discus Throw	Women	U18	Final	1
5:30 PM	Long Jump	Men	Senior	Final (Pit A)	1
6:00 PM	Seated Shot Put	Mixed	Para WC	Final	1
6:00 PM	High Jump	Men	U20 + Senior	Final (Pit A)	1
6:50 PM	Discus Throw	Mixed	U20 + Senior	Final	1
8:00 PM	END OF DAY				



FINAL SCHEDULE OF EVENTS

SATURDAY 04 JUL 26 | COMBINED EVENTS

Time	Event	Sex	Category	Round
9:00 AM	100m	Men	U18-Senior	Decathlon
11:30 AM	Long Jump	Men	U18-Senior	Decathlon (Pit B)
1:30 PM	Shot Put	Men	U18-Senior	Decathlon
3:30 PM	High Jump	Men	U18-Senior	Decathlon (Pit A)
5:30 PM	400m	Men	U18-Senior	Decathlon

Time	Event	Sex	Category	Round
9:30 AM	100mH - 0.76m	Women	U18	Heptathlon
9:55 PM	100mH - 0.84m	Women	U20	Heptathlon
12:00 PM	High Jump	Women	U18-Senior	Heptathlon (Pit A)
3:00 PM	Shot Put	Women	U18-Senior	Heptathlon
4:40 PM	200m	Women	U18-Senior	Heptathlon



FINAL SCHEDULE OF EVENTS

SUNDAY 05 JUL 26 | TRACK EVENTS

Time	Event	Sex	Category	Round	Heats
9:00 AM	110mH - 0.91m	Men	U18	Decathlon	2
9:10 AM	110mH - 0.99m	Men	U20	Decathlon	1
9:10 AM	110mH - 1.07m	Men	Senior	Decathlon	1
9:20 AM	2000m	Women	U16	Timed Final	1
9:30 AM	2000m	Men	U16	Timed Final	1
9:45 AM	3000m	Women	U18	Timed Final	1
10:15 AM	3000m	Men	U18	Timed Final	1
10:40 AM	3000m*	Women	U20 + Senior	Timed Trial	1
10:55 AM	3000m*	Men	U20 + Senior	Timed Trial	1
11:05 AM	200m	Women	U16	Semi Final	5
11:15 AM	200m	Men	U16	Semi Final	5
11:25 AM	200m	Women	U18	Semi Final	6
11:40 AM	200m	Men	U18	Semi Final	5
11:50 AM	200m	Women	U20	Semi Final	3
12:00 PM	200m	Men	U20	Semi Final	4
12:10 PM	200m	Men	Senior	Semi Final	3
12:20 PM	HURDLE SET UP				
12:30 PM	300mH	Women	U16	Timed Final	2
12:35 PM	300mH	Men	U16	Timed Final	2
12:40 PM	400mH	Women	U18	Timed Final	3
12:55 PM	400mH	Men	U18	Timed Final	2
1:00 PM	400mH	Women	U20	Timed Final	1
1:05 PM	400mH	Men	U20	Timed Final	1
1:10 PM	400mH	Women	Senior	Timed Final	1
1:15 PM	400mH	Men	Senior	Timed Final	1
1:20 PM	TRACK BREAK				
2:20 PM	200mWC	Women	Para WC	Final	1
2:25 PM	200mWC	Men	Para WC	Final	1
2:30 PM	200m	Women	U16	Final	B + A
2:35 PM	200m	Men	U16	Final	B + A



FINAL SCHEDULE OF EVENTS

SUNDAY 05 JUL 26 | TRACK EVENTS continued

Time	Event	Sex	Category	Round	Heats
2:40 PM	200m	Women	U18	Final	B + A
2:45 PM	200m	Men	U18	Final	B + A
2:50 PM	200m	Women	U20	Final	1
2:55 PM	200m	Men	U20	Final	B + A
3:00 PM	200m	Women	Senior	Final	1
3:05 PM	200m	Men	Senior	Final	1
3:10 PM	WC CALIBRATION				
3:25 PM	800mWC	Men	Para WC	Final	1
3:35 PM	800m	Women	U16	Timed Final	2
3:45 PM	800m	Men	U16	Timed Final	2
3:50 PM	800m	Women	U18	Timed Final	4
4:05 PM	800m	Men	U18	Timed Final	4
4:15 PM	800m	Women	U20	Timed Final	1
4:20 PM	800m	Men	U20	Timed Final	3
4:30 PM	800m	Women	Senior	Timed Final	1
4:35 PM	800m	Men	Senior	Timed Final	2
4:40 PM	800m	Women	U18-Senior	Heptathlon	1
4:45 PM	1500m	Men	U18-Senior	Decathlon	1
4:50 PM	END OF DAY				

*The 3000m event for U20 + Senior will have a cap of 16 athletes for men and 16 athletes for women. There will be a minimum standard of 10:30.00 for men and 13:44.00 for women. Athletes may submit 5000m times which will be converted using WA points. All performances must be on the Athletics Canada rankings



FINAL SCHEDULE OF EVENTS

SUNDAY 05 JUL 26 | FIELD EVENTS

Time	Event	Sex	Category	Round	Flights
9:00 AM	Javelin Throw	Women	U16	Final	1
9:00 AM	Shot Put	Men	U18	Final	1
10:00 AM	High Jump	Women	U18	Final (Pit A)	1
10:00 AM	Long Jump	Women	U18-Senior	Heptathlon (Pit A)	1
10:00 AM	Discus Throw	Men	U18-Senior	Decathlon	1
11:00 AM	Javelin Throw	Women	U18	Final	1
12:00 pm	Triple Jump	Women	U16	Final (Pit A)	1
12:30 PM	Pole Vault	Men	U18-Senior	Decathlon	1
12:45 PM	Javelin Throw	Women	U18-Senior	Heptathlon	1
1:00 PM	Shot Put	Mixed	U20	Final	1
2:00 PM	Javelin Throw	Mixed	Senior	Final	1
2:00 PM	Triple Jump	Men	U16	Final (Pit A)	1
2:30 PM	Shot Put	Women	U18	Final	1
3:30 PM	Javelin Throw	Men	U18-Senior	Decathlon	1
4:30 PM	Shot Put	Mixed	Senior	Final	1
4:45 PM	Javelin Throw	Mixed	U20	Final	1
6:00 PM	END OF DAY				



FINAL SCHEDULE OF EVENTS

SUNDAY 05 JUL 26 | COMBINED EVENTS

Time	Event	Sex	Category	Round
9:00 AM	110mH - 0.91m	Men	U18	Decathlon
9:10 AM	110mH - 0.99m	Men	U20	Decathlon
9:10 AM	110mH - 1.07m	Men	Senior	Decathlon
10:00 AM	Discus Throw	Men	U18-Senior	Decathlon
12:30 PM	Pole Vault	Men	U18-Senior	Decathlon
3:30 PM	Javelin Throw	Men	U18-Senior	Decathlon
4:45 PM	1500m	Men	U18-Senior	Decathlon

Time	Event	Sex	Category	Round
10:00 AM	Long Jump	Women	U18-Senior	Heptathlon (Pit A)
12:45 PM	Javelin Throw	Women	U18-Senior	Heptathlon
4:40 PM	800m	Women	U18-Senior	Heptathlon