

Track and Field - Friday, July 6 - 7:30 am - 3:00 pm**Team Leads - Barry Fleming and John Gojevic**

7:30 am - 8:30 am Arrival of Team Leads and volunteers. Begin set-up. Access to facilities for equipment.

| Time | Track | Time | Field |
|---------------------|-------------------------------|---------------------|--------------------------|
| 8:30 am - 10:00 am | 5 km Race Walk | 8:30 am - 10:00 am | Ball Throw - All Ages |
| | | 8:30 AM | High Jump |
| 10:00 am - 11:00 am | 3 km Race Walk | 10:00 am - 11:00 am | Long jump - Adult |
| 11:00 am - 12:00 pm | 25 M - Junior 5 and under | 10:00 am - 11:00 am | Long jump Junior & Youth |
| | 50 M - 6 - 11 | 11:00 am - 12:00 pm | Shot Put - Adult |
| | 100 M - Youth 12 -14, 15 - 17 | | |
| | 800 M- Adults | | |

Break

| Time | Track | Time | Field |
|--------------------|--------------------------------|--------------------|------------------|
| 12:30 pm - 1:00 pm | 1500 M men and women; one heat | 12:30 pm - 1:30 pm | Shot Put - Adult |
| 1:00 pm - 1:30 pm | 200 M men | | |
| | 200 M women | | |
| 1:30 pm - 2:00 pm | 400 M men and women; one heat | 1:30 pm - 3:00 pm | Javelin |
| 2:00 pm - 2:30 | 100 M women | | |
| | 100 M men x 2 heats | | |
| 3:00 pm | Gift of life Relay | | |

Closing Ceremony