



Ottawa Springtime High Performance Series Meet #1

Saturday, June 1st

10:00 am	100m – Decathlon	M
10:45 am	100m Hurdles – Heptathlon	F
11:30 am	CISCO Ontario's Fastest Kid Program	M / F
12:30 pm	100m Hurdles (Heats) Youth, Open	W
	110m Hurdles (Heats) Youth, Junior, Open	M
1:00 pm	Pole Vault – Women followed by Men	
1:30 pm	400m Section Finals	W / M
2:00 pm	110 / 100 Hurdle Finals	M / W
2:30 pm	100m Heats	W / M
4:00 pm	100m Finals	W / M
4:15 pm	200m – Heptathlon	W
4:40 pm	400m – Decathlon	M
5:00 pm	3000m & 5000m Section Finals (Combined)	W / M
5:30 pm	200m Section Finals	W / M

Ottawa Springtime High Performance Series Meet #2

Sunday, June 2nd

9:00 am	110m Hurdles – Decathlon	M
11:30 am	400m Hurdles Section Finals	W / M
12:15 pm	100m Hurdles (Heats Y, Open)	W
	110m Hurdles (Y, Jr, Open Heats)	M
12:45 pm	1500m Section Finals	W / M
1:00 pm	800m Paralympic T-11	M
1:45 pm	110 / 100 Hurdle Finals	M / W
2:00 pm	100m (Heats)	W / M
2:30 pm	800m – Heptathlon	W
3:15 pm	100m Finals	W / M
4:30 pm	1500m – Decathlon	M