

**2022 JESSE BENT INVITATIONAL TRACK & FIELD MEET &
CANADA SUMMER GAMES TRIALS**

Track Events Schedule

For all track events, Canada Summer Games (YOB 2006 to 1998) sections will be run first, followed by oldest to youngest with the exception of hurdles (including CSG sections), which follow Distance, Heights and Spacing. Women will start each age group. U18 and U20 events are condensed into CSG sections. U18 and U20 hurdlers can enter their regular events. If there are no heats, CSG finals will be run at the *scheduled final* time.

Saturday June 4th, 2022

Time	Event	Comments	Age Group
9:00 am	3000m steeplechase	Finals	CSG Men and Open, CSG Women and Open
9:45 am	1500m steeplechase	Finals	U16
10:00 am	200m Hurdles	Timed Finals	2009 to 2010
10:20 am	300m Hurdles	Timed Finals	U16
10:45 am	400m Hurdles	Timed Finals	CSG Women and Open Women, U18 Men, CSG Men and Open Men
11:15 am	60m	Timed Finals	2011 to 2013
12:00 pm	400m	Heats	CSG
12:15 pm	100m	Heats	CSG, Open, U16 to 2013, Wheelchair
2:30 pm	1500m	Finals	CSG and Open, Wheelchair
	1200m	Finals	U16 to 2010
	1000m	Finals	2011 to 2013
4:15 pm	100m	Finals	CSG, Open, Special O to 2013
5:15 pm	400m	Finals	CSG
	400m	Timed Finals	Open, Wheelchair
	300m	Timed Finals	U16 to 2010

Sunday June 5th, 2022

Time	Event	Comments	Age Group
9:00 am	5000m	Finals	CSG and Open
	2000m	Finals	U16 to 2009
10:15 am	110m Hurdles	Heats	CSG Men
	110m Hurdles	Timed Finals	U18 (Men), U20 (Men), Open (Men)
	100m Hurdles	Heats	CSG Women
	100m Hurdles	Timed Finals	U18 (Women), Open (Women), U16 (Men)
	80m Hurdles	Timed Finals	2010 to U16 (Women) 2010 to 2009 (Men)
	60m Hurdles	Timed Finals	2013 to 2011 (Women/Men)
11:45 am	Lollipop Race		
12:15pm	200m	Heats	CSG (Women, Men)
	200m	Timed Finals	Open, Special O to 2011
2:15pm	800m	Timed Finals	CSG, Open to 2010, Wheelchair
	600m	Timed Finals	2011 to 2013
3:45pm	200m	Finals	CSG
4:00pm	100m Hurdles	Finals	CSG
	110m Hurdles	Finals	CSG
4:15pm	800m Race Walk	Finals	2010 to 2013
	1500m Race Walk	Finals	U16 to 2009
	5km Race Walk	Finals	U18, U20, Open

Athletes who enter CSG sections will be throwing senior weights. All athletes aged 16 to 24 (YOB 2006-1998) must enter CSG sections for jump events. All field events are able body and para ambulatory inclusive. Para seated discus throw and shot put will be contested as part of the Canada Summer Games Selection Trials

Saturday June 4th, 2022

Time	High Jump		Long Jump		Shot Put	Discus	Javelin	Pole Vault
	<i>Pit #1</i>	<i>Pit #2</i>						
8:30 am								
9:00 am			U16 W	U16 M		U16 M		
9:30 am	2011 M				2010 M			
10:00 am					2009 W			
10:30 am	2013 W	U16 W				2012W	Open, CSG, U20, U18 M	Open, CSG, U16,2009 , 2010 W
11:00 am			2009 M	2012 M	2011 W			
11:30 am	2013 M					U16 W		
12:00 pm				2010 M	2013 W		U16 M	
12:30 pm	2012 W	U16 M	2009 W			2010 W		
1:00 pm					2013 M			
1:30 pm	2012 M			Open, CSG M		Open, CSG, U20, U18 M	2009/2010 M	
2:00 pm		Open, CSG W			Open, CSG U18 W			Open, CSG, U16,2009 , 2010 M
2:30 pm			2011 W			2009 W		
3:00 pm				2012 W	U16 W		2011/2012 M	
3:30 pm		Open, CSG M				Open, CSG W		
4:00 pm			Open, CSG W		2010 W			
4:15 pm								
4:30 pm					Seated M/W	2011 W		

Sunday June 5th, 2022

Time	High Jump	Triple Jump	Long Jump	Shot put	Discus	Javelin	Hammer
8:30 am							U16, 2009,2010 W
9:00 am	2009 W						
9:30 am		2009 M	2010 W	2012W			
10:00 am	2011 W					Open, CSG, U20, U18 W	Open,CSG, U18 W
10:30 am		2009 W		2011 M			
11:00 am	2009 M		2013M			U16 W	
11:30 am		U16 W					Open, CSG U18,U20M
12:00 pm	2010 W					2011/2012 W	
12:30 pm		U16 M	2013 W	2012 M			
1:00 pm	2010 M					2009/2010 W	U16, 2009, 2010 M
1:30 pm		Open, CSG M		2009 M			
2:00 pm			2011 M				
2:30 pm		Open, CSG W		Open, CSG M	2011 M		
3:00 pm					2012 M		
3:30 pm				U16, U18,U20 M	Seated M/W(on Javelin runway)		

4:00 pm					2009, 2010 M		
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