



## **Schedule of events for Track and Field**

*(as of August 17, 2018)*

### **Tuesday Aug 21<sup>st</sup>**

2:00- 4:00 pm Optional Open practice  
at UNBSJ track for all competitors

### **Wednesday Aug 22<sup>nd</sup>**

9:00 am Pick up of individual numbers and distribution of  
the final schedule at the track at UNBSJ

9:20 am Opening remarks and review of the technical  
rules of the Canada 55+ Games

**10:00 am Competition commences**

### **Thursday Aug 23<sup>rd</sup>**

**10:00 am Competition commences**

*All competitors should note that the warm ups for the  
field events will start 30 minutes prior to the start of the  
actual competition and every effort will be made to  
ensure that all competitors will get all their designated  
throws or jumps*

Schedules are subject to change. In some cases, divisions  
were collapsed due to registrations to allow for more  
enjoyable competition. For updates, visit us online at  
<http://canada55plussj.ca/> or follow us on Facebook  
"2018SJ55+"