

**2022 Canadian Masters Outdoor Championships
Canada Games Athletics Complex
July 29 - 31, 2022**

Friday, July 29

Session One

| Starts at | Event | Entries |
|------------------|---|----------------|
| 9:00 AM | #1 Throws Pentathlon: #1 Men Hammer Throw Masters | 19 |
| 10:45 AM | #2 Throws Pentathlon: #2 Men Shot Put Masters | 19 |
| 12:30 PM | #4 Throws Pentathlon: #3 Men Discus Throw Masters | 19 |
| 2:15 PM | #9 Throws Pentathlon: #4 Men Javelin Throw Masters | 19 |
| 4:00 PM | #13 Throws Pentathlon: #5 Men Weight Throw Masters | 19 |
| 11:30 AM | #3 Throws Pentathlon: #1 Women Hammer Throw Masters | 10 |
| 12:45 PM | #5 Throws Pentathlon: #2 Women Shot Put Masters | 10 |
| 2:00 PM | #8 Throws Pentathlon: #3 Women Discus Throw Masters | 10 |
| 3:30 PM | #12 Throws Pentathlon: #4 Women Javelin Throw Masters | 10 |
| 5:15 PM | #18 Throws Pentathlon: #5 Women Weight Throw Masters | 10 |
| 1:00 PM | #6 Outdoor Pentathlon: #1 Women 100 Short Hurdles Masters | 5 |
| 1:55 PM | #7 Outdoor Pentathlon: #2 Women High Jump Masters | 5 |
| 3:20 PM | #11 Outdoor Pentathlon: #3 Women Shot Put Masters | 5 |
| 4:20 PM | #15 Outdoor Pentathlon: #4 Women Long Jump Masters | 5 |
| 5:10 PM | #17 Outdoor Pentathlon: #5 Women 800 Meter Run Masters | 5 |
| 3:10 PM | #10 Outdoor Pentathlon: #1 Men Long Jump Masters | 6 |
| 4:10 PM | #14 Outdoor Pentathlon: #2 Men Javelin Throw Masters | 6 |
| 5:00 PM | #16 Outdoor Pentathlon: #3 Men 200 Meter Dash Masters | 6 |
| 5:35 PM | #19 Outdoor Pentathlon: #4 Men Discus Throw Masters | 6 |
| 6:30 PM | #20 Outdoor Pentathlon: #5 Men 1500 Meter Run Masters | 6 |
| 6:45 PM | #21 Women 10000 Meter Run Masters | 4 |
| 6:45 PM | #22 Men 10000 Meter Run Masters | 7 |
| 7:15 PM | Awards Ceremony | |

Saturday, July 30

Session Two

Field Events

| | | |
|----------|--------------------------------|----|
| 9:00 AM | #24 Men Hammer Throw Masters | 19 |
| 9:00 AM | #25 Women Long Jump Masters | 12 |
| 10:30 AM | #30 Men Long Jump Masters | 19 |
| 11:45 AM | #33 Women Hammer Throw Masters | 12 |

Track Events

| | | |
|----------|---|----|
| 9:00 AM | #23 Women 1500 Meter Race Walk Masters | 5 |
| 9:15 AM | #26 Men 1500 Meter Race Walk Masters | 9 |
| 9:30 AM | #27 Women 2000 Meter Steeplechase Masters | 2 |
| 9:30 AM | #28 Men 2000 Meter Steeplechase Masters | 7 |
| 10:00 AM | #29 Men 3000 Meter Steeplechase Masters | 3 |
| 11:15 AM | #31 Women 100 Meter Dash Masters | 28 |
| 11:25 AM | #32 Men 100 Meter Dash Masters | 33 |

12:00 PM

Awards Ceremony

Saturday, July 30

Session Three

Field Events

| | | |
|---------|--------------------------------|----|
| 1:00 PM | #34 Men Discus Throw Masters | 27 |
| 1:45 PM | #36 Men Pole Vault Masters | 4 |
| 3:30 PM | #47 Women Discus Throw Masters | 14 |

Track Events

| | | |
|---------|-------------------------------------|----|
| 1:30 PM | #35 Women 80 Short Hurdles Masters | 7 |
| 1:45 PM | #37 Men 80 Short Hurdles Masters | 4 |
| 1:55 PM | #38 Men 100 Short Hurdles Masters | 2 |
| 2:05 PM | #39 Men 110 Short Hurdles Masters | 2 |
| 2:10 PM | #40 Women 400 Meter Dash Masters | 13 |
| 2:20 PM | #41 Men 400 Meter Dash Masters | 28 |
| 2:35 PM | #42 Women 1500 Meter Run Masters | 6 |
| 2:45 PM | #43 Men 1500 Meter Run Masters | 21 |
| 3:00 PM | #44 Women 4x100 Meter Relay Masters | 0 |
| 3:10 PM | #45 Men 4x100 Meter Relay Masters | 0 |
| 3:20 PM | #46 Women 4x800 Meter Relay Masters | 0 |
| 3:30 PM | #48 Men 4x800 Meter Relay Masters | 0 |

3:30 PM

Awards Ceremony

Sunday, July 31

Session Four

Field Events

| | | |
|----------|--------------------------------|----|
| 9:00 AM | #51 Men Shot Put Masters | 22 |
| 9:30 AM | #52 Women Weight Throw Masters | 13 |
| 9:45 AM | #53 Women High Jump Masters | 8 |
| 11:00 AM | #56 Men High Jump Masters | 15 |
| 11:15 AM | #58 Women Shot Put Masters | 19 |
| 11:30 AM | #60 Men Weight Throw Masters | 17 |

Track Events

| | | |
|----------|--|----|
| 9:00 AM | #49 Women 5000 Meter Race Walk Masters | 5 |
| 9:00 AM | #50 Men 5000 Meter Race Walk Masters | 7 |
| 9:50 AM | #54 Women 5000 Meter Run Masters | 8 |
| 10:20 AM | #55 Men 5000 Meter Run Masters | 13 |
| 11:05 AM | #57 Women 200 Meter Dash Masters | 19 |
| 11:20 AM | #59 Men 200 Meter Dash Masters | 25 |

12:00 PM **Awards Ceremony**

Sunday, July 31

Session Five

Field Events

| | | |
|---------|---------------------------------|----|
| 1:30 PM | #63 Women Javelin Throw Masters | 15 |
| 1:30 PM | #64 Men Triple Jump Masters | 16 |
| 3:10 PM | #71 Women Triple Jump Masters | 10 |
| 3:20 PM | #72 Men Javelin Throw Masters | 26 |

Track Events

| | | |
|---------|-------------------------------------|----|
| 1:30 PM | #61 Women 200 Long Hurdles Masters | 1 |
| 1:30 PM | #62 Men 200 Long Hurdles Masters | 1 |
| 1:45 PM | #65 Women 300 Long Hurdles Masters | 3 |
| 1:55 PM | #66 Men 300 Long Hurdles Masters | 6 |
| 2:05 PM | #67 Women 800 Meter Run Masters | 8 |
| 2:10 PM | #68 Men 800 Meter Run Masters | 28 |
| 2:25 PM | #69 Women 4x400 Meter Relay Masters | 0 |
| 2:35 PM | #70 Men 4x400 Meter Relay Masters | 0 |

3:00 PM **Awards Ceremony**