



Panamerican Combined Events Cup

Athletics Ontario Senior Combined Events Championships / Quebec Canada Games Selection & Open Invitational

Terry Fox Athletic Facility, Ottawa, ON - Canada

Competition Schedule – June 1st and June 2nd, 2013

FINALIZED SCHEDULE (as of May 23rd)

Decathlon – Day 1 - (June 1st) - Pool of 27 athletes

100m	Long Jump	Shot Put	High Jump	400m
10:00 AM 4-5 Heats	11:15 AM 2 Runways	12:30 PM 2 Circles	2:00 PM 2 Pits	4:00 PM 4-5 Heats

Decathlon – Day 2 - (June 2nd)

110mH	Discus	Pole Vault	Javelin	1500m
9:30 AM 4-5 Heats	10:45 AM 2 Circles	12:15 PM 2 Runways	2:30 PM 2 Runways	4:00 PM 2 Heats

Heptathlon – Day 1 - (June 1st) – Pool of 28 athletes

100mH	High Jump	Shot Put	200m
11:00 AM 4-5 Heats	12:30 PM 2 Pits	2:15 PM 2 Circles	3:30 PM 4-5 Heats

Heptathlon – Day 2 - (June 2nd)

Long Jump	Javelin	800m
11:30 AM 2 runways	1:00 PM 2 Runways	2:45 PM 2 – 3 Heats