**Day 1 Track - Tuesday, May 14, 2013 Swangard, Burnaby**

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| **EVENT** | **TIME** | **AGE** | **GENDER** |
| 800 meters | 9:00 a.m. | Bantam/Juvenile | Girls |
| 800 meters | 9:10 a.m. | Bantam/Juvenile | Boys |
| 800 meters | 9:20 a.m. | Junior/Senior | Girls |
| 800 meters | 9:30 a.m. | Junior/Senior | Boys |
| 200 meters | 9:40 a.m. | Bantam | Girls |
| 200 meters | 9:45 a.m. | Bantam | Boys |
| 200 meters | 9:50 a.m. | Juvenile | Girls |
| 200 meters | 9:55 a.m. | Juvenile | Boys |
| 200 meters | 10:00 a.m. | Junior | Girls |
| 200 meters | 10:05 a.m. | Junior | Boys |
| 200 meters | 10:10 a.m. | Senior | Girls |
| 200 meters | 10:15 a.m. | Senior | Boys |
| 3000 meters | 10:30 a.m. | All ages | Girls |
| 3000 meters  | 10:50 a.m. | All ages | Boys |
| 4 x 100 meter relay | 11:30 a.m. | Bantam | Girls |
| 4 x 100 meter relay | 11:40 a.m. | Bantam | Boys |
| 4 x 100 meter relay | 11:50 a.m. | Juvenile  | Girls |
| 4 x 100 meter relay | 12:00  | Juvenile | Boys |
| 4 x 100 meter relay | 12:10 p.m. | Junior | Girls |
| 4 x 100 meter relay | 12:20 p.m. | Junior  | Boys |
| 4 x 100 meter relay | 12:30 p.m. | Senior  | Girls |
| 4 x 100 meter relay | 12:40 p.m.  | Senior | Boys |
| 1500 meter race walk | 12:55 p.m. | Open event | Girls/Boys combined |
| 400 meter hurdles | 1:20 p.m. | Open event | Girls |
| 400 meter hurdles | 1:40 p.m. | Open event | Boys |

**Day 2 Track - Wednesday, May 15, 2013 Swangard, Burnaby**

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| **EVENT** | **TIME** | **AGE** | **GENDER** |
| 80 meter hurdles 30” | 9:00 a.m. | Bantam | Girls |
| 80 meter hurdles 30” | 9:05 a.m. | Juvenile | Girls |
| 80 meter hurdles 33” | 9:10 a.m. | Junior | Girls |
| 100 meter hurdles 33” | 9:20 a.m. | Bantam | Boys |
| 100 meter hurdles 33” | 9:25 a.m. | Juvenile | Boys |
| 100 meter hurdles 36” | 9:30 a.m. | Open event | Girls |
| 100 meter hurdles 36” | 9:35 a.m. | Junior  | Boys |
| 110 meter hurdles 39” | 9:45 a.m. | Open event | Boys |
| 400 meters | 9:55 a.m. | Bantam | Girls |
| 400 meters | 10:00 a.m. | Bantam | Boys |
| 400 meters | 10:05 a.m. | Juvenile | Girls |
| 400 meters | 10:10 a.m. | Juvenile  | Boys |
| 400 meters | 10:15 a.m. | Junior | Girls |
| 400 meters | 10:20 a.m. | Junior | Boys |
| 400 meters | 10:25 a.m. | Senior | Girls |
| 400 meters | 10:30 a.m. | Senior | Boys |
| 1500 meters | 10:40 a.m. | Bantam/Juvenile | Girls |
| 1500 meters | 10 :50 a.m. | Bantam/Juvenile | Boys |
| 1500 meters | 11:00 a.m. | Junior/Senior | Girls |
| 1500 meters | 11:10 a.m. | Junior/Senior | Boys |
| 100 meters | 11:20 a.m. | Bantam | Girls |
| 100 meters | 11 :25 a.m. | Bantam | Boys |
| 100 meters | 11:30 a.m. | Juvenile | Girls |
| 100 meters | 11:35 a.m. | Juvenile | Boys |
| 100 meters | 11:40 a.m. | Junior | Girls |
| 100 meters | 11:45 a.m. | Junior | Boys |
| 100 meters | 11:50 a.m. | Senior | Girls |
| 100 meters | 11:55 a.m. | Senior | Boys |
| 4 x 400 meter relay | 12:10 p.m. | Bantam  | Girls |
| 4 x 400 meter relay | 12:20 p.m. | Bantam | Boys |
| 4 x 400 meter relay | 12:30 p.m. | Juvenile | Girls |
| 4 x 400 meter relay | 12:40 p.m. | Juvenile | Boys |
| 4 x 400 meter relay | 12:50 p.m. | Junior | Girls |
| 4 x 400 meter relay | 1:00 p.m. | Junior | Boys |
| 4 x 400 meter relay | 1:10 p.m. | Senior | Girls |
| 4 x 400 meter relay | 1:20 p.m. | Senior  | Boys |
| 1500 meter steeple chase | 1:50 p.m. | Open event | Girls |
| 2000 meter steeple chase | 2:10 p.m. | Open event | Boys |