

# Medal Ceremonies - Athletics

Medal ceremonies will take place at the sport venue, for each sport, at the end of competition.

## SATURDAY, JULY 30 - Athletics

Terry Fox Athletic Complex, 2960 Riverside Drive, Ottawa

| EVENT             | EVENT TIME | MEDAL CEREMONY TIME |
|-------------------|------------|---------------------|
| 1500m             | 8:00 AM    | 12:18 PM            |
| 100m U16M         | 9:00 AM    | 12:20 PM            |
| 100m U16F         | 9:00 AM    | 12:22 PM            |
| 100m U19M         | 9:00 AM    | 12:24 PM            |
| 100m U19F         | 9:00 AM    | 12:26 PM            |
| Long Jump x3 U16M | 9:45 AM    | 12:28 PM            |
| High Jump x3 U16F | 9:45 AM    | 12:30 PM            |
| Shot Put x3 U19M  | 9:45 AM    | 12:32 PM            |
| 400m U16M         | 10:30 AM   | 12:34 PM            |
| 400m U16F         | 10:30 AM   | 12:36 PM            |
| 400m U19M         | 10:30 AM   | 12:38 PM            |
| 400m U19F         | 10:30 AM   | 12:40 PM            |
| Long Jump U16F    | 11:15 AM   | 12:42 PM            |
| High Jump x3 U19M | 11:15 AM   | 12:44 PM            |
| Shot Put U19F     | 11:15 AM   | 12:46 PM            |
| 200m U16M         | 1:00 PM    | 4:00 PM             |
| 200m U16F         | 1:00 PM    | 4:02 PM             |
| 200m U19M         | 1:00 PM    | 4:04 PM             |
| 200m U19F         | 1:00 PM    | 4:06 PM             |
| Shot Put U16M     | 1:45 PM    | 4:08 PM             |
| Long Jump U19M    | 1:45 PM    | 4:10 PM             |
| High Jump U19F    | 1:45 PM    | 4:12 PM             |

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# Medal Ceremonies - Athletics

## SATURDAY, JULY 30 - Athletics

Terry Fox Athletic Complex, 2960 Riverside Drive, Ottawa

| EVENT          | EVENT TIME | MEDAL CEREMONY TIME |
|----------------|------------|---------------------|
| 800m U16M      | 2:30 PM    | 4:14 PM             |
| 800m U16F      | 2:30 PM    | 4:16 PM             |
| 800m U19M      | 2:30 PM    | 4:18 PM             |
| 800m U19F      | 2:30 PM    | 4:20 PM             |
| High Jump U16M | 3:15 PM    | 4:22 PM             |
| Shot Put U16F  | 3:15 PM    | 4:24 PM             |
| Long Jump U19F | 3:15 PM    | 4:26 PM             |

## SUNDAY, JULY 31 - Athletics

Terry Fox Athletic Complex, 2960 Riverside Drive, Ottawa

| EVENT    | EVENT TIME | MEDAL CEREMONY TIME |
|----------|------------|---------------------|
| 5km U19M | 8:00 AM    | 10:00 AM            |
| 5km U19F | 8:00 AM    | 10:10 AM            |
| 3km U16M | 9:00 AM    | 10:20 AM            |
| 3km U16F | 9:00 AM    | 10:30 AM            |

# Medal Ceremonies - Volleyball

## SUNDAY, JULY 31 - Volleyball

Montpetit Hall Gymnasium, University of Ottawa, 125 University Private, University of Ottawa

| EVENT             | EVENT TIME   | MEDAL CEREMONY TIME |
|-------------------|--------------|---------------------|
| Consolation U16F  | 9:00 AM      | 10:30 AM            |
| Championship U19F | Previous day | 10:35 AM            |
| Championship U16F | Previous day | 10:40 AM            |
| Championship U19M | Previous day | 10:35 AM            |

# Medal Ceremonies - Soccer

## SATURDAY, JULY 30 - Soccer

Carlington Park Diamonds, 5A6, 1482 Raven Ave, Ottawa

| EVENT         | EVENT TIME | MEDAL CEREMONY TIME |
|---------------|------------|---------------------|
| Best of Three | 1:30 PM    | 2:30 PM             |

# Medal Ceremonies - Softball

## SATURDAY, JULY 30 - Softball

Carlington Park Diamonds, 5A6, 1482 Raven Ave, Ottawa

| EVENT         | EVENT TIME | MEDAL CEREMONY TIME |
|---------------|------------|---------------------|
| Best of Three | 2:00 PM    | 3:30 PM             |

# Medal Ceremonies - Basketball

## SUNDAY, JULY 31 - Basketball

Montpetit Hall Gymnasium, University of Ottawa, 125 University Private, University of Ottawa

| EVENT               | EVENT TIME | MEDAL CEREMONY TIME |
|---------------------|------------|---------------------|
| Consolation U16M    | 9:00 AM    | 1:30 PM             |
| Championship U16M   | 9:00 AM    | 1:35 PM             |
| Female Consolation  | 10:30 AM   | 1:40 PM             |
| Female Championship | 10:30 AM   | 1:45 PM             |
| Championship U19M   | 12:00 PM   | 1:50 PM             |