

Ontario Cup #2 Heat Schedule
800m Course
5 Heats per Round

Heat 1	Round 1	11:00
Heat 2	Round 1	11:02
Heat 3	Round 1	11:04
Heat 4	Round 1	11:06
Heat 5	Round 1	11:08

Short Break

Heat 1	Round 2	11:22
Heat 2	Round 2	11:24
Heat 3	Round 2	11:26
Heat 4	Round 2	11:28
Heat 5	Round 2	11:30

Short Break

Heat 1	Round 3	11:44
Heat 2	Round 3	11:46
Heat 3	Round 3	11:48
Heat 4	Round 3	11:50
Heat 5	Round 3	11:52

00:02:00 Time Between Heats

Ontario Cup #2 Heat Schedule
1200m Course
13 Heats per Round

Heat 1	Round 1	12:00
Heat 2	Round 1	12:02
Heat 3	Round 1	12:04
Heat 4	Round 1	12:06
Heat 5	Round 1	12:08
Heat 6	Round 1	12:10
Heat 7	Round 1	12:12
Heat 8	Round 1	12:14
Heat 9	Round 1	12:16
Heat 10	Round 1	12:18
Heat 11	Round 1	12:20
Heat 12	Round 1	12:22
Heat 13	Round 1	12:24

Short Break

Heat 1	Round 2	12:38
Heat 2	Round 2	12:40
Heat 3	Round 2	12:42
Heat 4	Round 2	12:44
Heat 5	Round 2	12:46
Heat 6	Round 2	12:48
Heat 7	Round 2	12:50
Heat 8	Round 2	12:52
Heat 9	Round 2	12:54
Heat 10	Round 2	12:56
Heat 11	Round 2	12:58
Heat 12	Round 2	13:00
Heat 13	Round 2	13:02

Short Break

Heat 1	Round 3	13:16
Heat 2	Round 3	13:18
Heat 3	Round 3	13:20
Heat 4	Round 3	13:22
Heat 5	Round 3	13:24
Heat 6	Round 3	13:26
Heat 7	Round 3	13:28
Heat 8	Round 3	13:30
Heat 9	Round 3	13:32
Heat 10	Round 3	13:34
Heat 11	Round 3	13:36
Heat 12	Round 3	13:38
Heat 13	Round 3	13:40