

Milk Provincial Track & Field Advancement Procedures

All Categories

100m Hurdles

- Winner of each heat plus the next fastest times to a total of 8 runners will advance to the final

100m

- Winner of each heat plus the next fastest times to a total of 16 runners will advance to semi-finals
- Top 2 finishers from each Semi-Final and the next four fastest times will advance to the Final

Para-Intellectual – 100m

- timed sections

200m

- Winner of each heat plus the next fastest times to a total of 16 runners will advance to semi-finals
- Top 2 finishers from each Semi-Final and the next four fastest times will advance to the Final

Para-Intellectual – 200m

- timed sections

400m

- Winner of each heat plus the next fastest times to a total of 8 runners will advance to the final

Para-Intellectual – 400m

- timed sections

800m

- Winner of each heat plus the next fastest times to a total of 12 runners will advance to the final

1500m

- timed sections

3000m

- timed sections

4 x 100m

- Winner of each heat plus the next fastest times to a total of 8 teams will advance to the final

4 x 400m

- timed sections

Medley

- timed sections

Unified 4 x100m Relay

- timed sections

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High Jump

- In the qualifying round if an athlete achieves the automatic qualifying standard they will advance to the final
- After the automatic qualifiers are advanced the final field will be filled to 12 competitors advancing to the final

Long Jump

- In the qualifying round if an athlete achieves the automatic qualifying standard they will advance to the final
- After the automatic qualifiers are advanced the final field will be filled to 12 competitors advancing to the final

Triple Jump

- In the qualifying round if an athlete achieves the automatic qualifying standard they will advance to the final
- After the automatic qualifiers are advanced the final field will be filled to 12 competitors advancing to the final

Shot Put

- In the qualifying round if an athlete achieves the automatic qualifying standard they will advance to the final
- After the automatic qualifiers are advanced the final field will be filled to 12 competitors advancing to the final

Para-Intellectual - Shot Put

- Single Round of competition only

Discus

- In the qualifying round if an athlete achieves the automatic qualifying standard they will advance to the final
- After the automatic qualifiers are advanced the final field will be filled to 12 competitors advancing to the final

Javelin

- In the qualifying round if an athlete achieves the automatic qualifying standard they will advance to the final
- After the automatic qualifiers are advanced the final field will be filled to 12 competitors advancing to the final