

**SOSSA Track and Field Schedule**  
**May 24 and May 25 Welland Centennial Secondary School**  
**Day One**

\*\*\*\*\*Events may start up to 30 minutes earlier than posted\*\*\*\*\*

**Track Events**

1:00	OPEN GIRLS 2000m Steeplechase OPEN BOYS 2000m Steeplechase
1:30	NG 80m Hurdles Semi Finals JG 80m Hurdles Semi Finals SG 100m Hurdles Semi Finals NB 100m Hurdles Semi Finals JB 100m Hurdles Semi Finals SB 110m Hurdles Semi Finals
2:15	NG 100m Semi Finals NB 100m Semi Finals JG 100m Semi Finals JB 100m Semi Finals SG 100m Semi Finals SB 100m Semi Finals
2:45	NG 1500m FINAL NB 1500m FINAL JG 1500m FINAL JB 1500m FINAL SG 1500m FINAL SB 1500m FINAL
3:45	NG 400m TIMED SECTIONS NB 400m TIMED SECTIONS JG 400m TIMED SECTIONS JB 400m TIMED SECTIONS SG 400m TIMED SECTIONS SB 400m TIMED SECTIONS
4:30	NG 80m Hurdles FINAL JG 80m Hurdles FINAL SG 100m Hurdles FINAL NB 100m Hurdles FINAL JB 100m Hurdles FINAL SB 110m Hurdles FINAL
5:00	OG Visually Impaired; Intellectual Impairment; Ambulatory 100m FINAL OB Visually Impaired; Intellectual Impairment; Ambulatory 100m FINAL NG 100m FINAL NB 100m FINAL JG 100m FINAL JB 100m FINAL SG 100m FINAL SB 100m FINAL

**Field Events**

1:00	Novice Girls Long Jump Novice Boys Shot Put Junior Girls Triple Jump Junior Boys Discus Senior Girls High Jump Senior Boys Javelin
1:00	NB/JB Pole Vault
2:45	Novice Girls Shot Put Novice Boys Long Jump Junior Girls Discus Junior Boys Triple Jump Senior Girls Javelin Senior Boys High Jump
3:00	Senior Boys Pole Vault
3:30	Para Shot Put

# SOSSA Track and Field Schedule

## Day Two

\*\*\*\*\*Events may start up to 30 minutes earlier than posted\*\*\*\*\*

### Track Events

- 9:30 NG 4 x 100m Relay TIMED SECTIONS  
NB 4 x 100m RELAY TIMED SECTIONS  
JG 4 x 100m RELAY TIMED SECTIONS  
JB 4 x 100m RELAY TIMED SECTIONS  
SG 4 x 100m RELAY TIMED SECTIONS  
SB 4 x 100m RELAY TIMED SECTIONS
- 10:30 NG 800m TIMED SECTIONS  
NB 800m TIMED SECTIONS  
JG 800m TIMED SECTIONS  
JB 800m TIMED SECTIONS  
SG 800m TIMED SECTIONS  
SB 800m TIMED SECTIONS  
OG Visually Impaired; Intellectually Impaired: Ambulatory 800m  
OB Visually Impaired; Intellectually Impaired: Ambulatory 800m
- 11:30 NG 200m Semi Finals  
NB 200m Semi Finals  
JG 200m Semi Finals  
JB 200m Semi Finals  
SG 200m Semi Finals  
SB 200m Semi Finals
- 12:15 SG 3000m FINAL  
SB 3000m FINAL
- 12:45 TRACK BREAK
- 1:15 NG 300m Hurdles TIMED SECTIONS  
JG 300m Hurdles TIMED SECTIONS  
SG 400m Hurdles TIMED SECTIONS  
NB 300m Hurdles TIMED SECTIONS  
JB 300m Hurdles TIMED SECTIONS  
SB 400m Hurdles TIMED SECTIONS
- 2:00 JG 3000m FINAL  
JB 3000m FINAL
- 2:30 SG 200m FINAL **\*\*PLEASE NOTE THE ORDER OF EVENTS\*\***  
SB 200m FINAL  
JG 200m FINAL  
JB 200m FINAL  
NG 200m FINAL  
NB 200m FINAL  
OG 200m Wheelchair FINAL  
OB 200m Wheelchair FINAL
- 3:00 NG 3000m FINAL  
NB 3000m FINAL
- 3:30 OPEN GIRLS 4 x 400m Relay TIMED SECTIONS  
OPEN BOYS 4 X 400m Relay TIMED SECTIONS

### Field Events

- 9:15 Novice Girls High Jump  
Novice Boys Javelin  
Junior Girls Long Jump  
Junior Boys Shot Put  
Senior Girls Triple Jump  
Senior Boys Discus  
Senior Girls Pole Vault
- 11:00 Novice Girls Javelin  
Novice Boys High Jump  
Junior Girls Shot Put  
Junior Boys Long Jump  
Senior Girls Discus  
Senior Boys Triple Jump
- 12:00 Novice/Junior Girls Pole Vault
- 12:30 Novice Girls Triple Jump  
Novice Boys Discus  
Junior Girls High Jump  
Junior Boys Javelin  
Senior Girls Long Jump  
Senior Boys Shot Put
- 3:00 Novice Girls Discus  
Novice Boys Triple Jump  
Junior Girls Javelin  
Junior Boys High Jump  
Senior Girls Shot Put  
Senior Boys Long Jump