

SOSSA 2024 Track and Field Schedule
May 22 and May 23 Welland Centennial Secondary School
Day One

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

Track Events

12:00 OPEN GIRLS 2000m Steeplechase
 OPEN BOYS 2000m Steeplechase

12:30 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

1:15 NG 100m Semi Finals
 NB 100m Semi Finals
 JG 100m Semi Finals
 JB 100m Semi Finals
 SG 100m Semi Finals
 SB 100m Semi Finals

1:45 NG 1500m FINAL
 NB 1500m FINAL
 JG 1500m FINAL
 JB 1500m FINAL
 SG 1500m FINAL
 SB 1500m FINAL

2:45 NG 400m TIMED SECTIONS
 NB 400m TIMED SECTIONS
 JG 400m TIMED SECTIONS
 JB 400m TIMED SECTIONS
 SG 400m TIMED SECTIONS
 SB 400m TIMED SECTIONS

3:30 NG 80m Hurdles FINAL
 JG 80m Hurdles FINAL
 SG 100m Hurdles FINAL
 NB 100m Hurdles FINAL
 JB 100m Hurdles FINAL
 SB 110m Hurdles FINAL

4:00 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

12:00 Novice Girls Long Jump
 Novice Boys Shot Put
 Junior Girls Triple Jump
 Junior Boys Discus
 Senior Girls High Jump
 Senior Boys Javelin

12:00 NB/JB Pole Vault

1:30 Novice Girls Shot Put
 Novice Boys Long Jump
 Junior Girls Discus
 Junior Boys Triple Jump
 Senior Girls Javelin
 Senior Boys High Jump

2:00 Senior Boys Pole Vault

2:30 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
SB 200m FINAL ORDER OF EVENTS****
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

9:30 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

2:00 Novice Girls Discus
Novice Boys Triple Jump
Junior Girls Javelin
Junior Boys High Jump
Senior Girls Shot Put
Senior Boys Long Jump