

**SOSSA Track and Field Schedule**  
**May 18 and May 19 Welland Centennial Secondary School**  
**Day One**

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

**Track Events**

**Field Events**

1:00 OPEN GIRLS 1500m Steeplechase  
 OPEN BOYS 2000m Steeplechase

1:00 Novice Girls Long Jump  
 Novice Boys Shot Put  
 Junior Girls Triple Jump  
 Junior Boys Discus  
 Senior Girls High Jump  
 Senior Boys Javelin

1:30 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

1:00 NB/JB Pole Vault

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

2:45 NG 1500m FINAL  
 NB 1500m FINAL  
 JG 1500m FINAL  
 JB 1500m FINAL  
 SG 1500m FINAL  
 SB 1500m FINAL

3:00 Senior Boys Pole Vault

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

3:30 Para Shot Put

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

## 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

9:15 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