

LOSSA TRACK AND FIELD SCHEDULE 2018

Wednesday, May 23

| Est. Time | Track Events: |
|-----------|---|
| 10:00 AM | Sprint Hurdle Timed Finals (Order: MG, JG, SG, MB, JB, SB) |
| 10:45 AM | Open Girls 1500m Steeplechase |
| 11:00 AM | Open Boys 2000m Steeplechase |
| 11:15 AM | 200m wheelchair |
| 11:20 AM | 100m Heats – Ambulatory, V.I. & I.I. first ... timed finals |
| 12:45 PM | 400m Timed Finals |
| 1:45 PM | Midget 1500m Finals |
| 2:10 PM | 100m Finals |
| 2:40 PM | Junior 1500m Finals |
| 3:00 PM | 4x100m Relay timed Finals |
| 3:45 PM | Senior 1500m Finals |

| Field Events: | | | | | | |
|---------------|-----------------------------|------------------------------|--------------------------|-------------|-------------|-------------|
| Time | Midget Girls | Junior Girls | Senior Girls | Midget Boys | Junior Boys | Senior Boys |
| 10:00 am | Long Jump | Triple Jump | High Jump | Shot Put | Discus | Javelin |
| 11:00 am | Pole Vault – all categories | | | | | |
| 12:00 pm | Shot Put | Discus | Javelin | Long Jump | Triple Jump | High Jump |
| 2:00 pm | High Jump | Long Jump | Triple Jump | Javelin | Shot Put | Discus |
| | | | PARA ATHLETES | | | |
| 10:00 am | Shot Put | Location: start of 100m | Only 3 PUTs and in a row | | | |
| 11:45 am | Long Jump | Location: opposite pit of MG | Only 3 Jumps | | | |

Thursday, May 24

- Order of age categories changed to follow the OFSAA Schedule:
Day 2: unless otherwise indicated or announced event order will be SG/SB JG/JB MG/MB

| Est. Time | Track Events: |
|-----------|--|
| 10:00 AM | Intermediate Hurdle Timed Finals (order: SB, JB, MB, SG, JG, MG) |
| 10:45 AM | 200m Heats (order: SG/SB JG/JB MG/MB) |
| 12:15 PM | 800m Timed Finals (order: SG/SB JG/JB MG/MB) |
| 1:00 PM | 200m Finals (order: SG/SB JG/JB MG/MB) |
| 1:15 PM | 3000m Finals (order: SG/SB JG/JB MG/MB) |
| 3:00 PM | 4x400m Timed Finals |

| Field Events: | | | | | | |
|---------------|--------------|--------------|--------------|-------------|-------------|-------------|
| Time | Midget Girls | Junior Girls | Senior Girls | Midget Boys | Junior Boys | Senior Boys |
| 10:00 am | Javelin | Shot Put | Discus | High Jump | Long Jump | Triple Jump |
| 12:00 pm | Triple Jump | High Jump | Long Jump | Discus | Javelin | Shot Put |
| 2:00 pm | Discus | Javelin | Shot Put | Triple Jump | High Jump | Long Jump |

Coaches and Athletes please note:

- *The order of track events, on day 1 unless otherwise indicated or announced will be MG/MB JG/JB SG/SB*
- *The order of track events, on day 2 unless otherwise indicated or announced will be SG/SB JG/JB MG/MB*
- *The meet may run up to ONE HOUR AHEAD OF SCHEDULE!*

Wheelchair 200 & 400; Visually Impaired 100 & 800; Ambulatory 100 & 800, Intellectually/Developmentally Challenged 100
These will be run with the related able-bodied races – heats before; finals (if necessary) immediately following able-bodied races.