

South Regional Track and Field Schedule
Day One – Thursday, May 26th
Niagara Olympic Club Facility – St. Catharines
 *****Events may start up to 30 minutes earlier than posted*****

Track Events

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

1:30 MG 80m Hurdles Semi Finals
 JG 80m Hurdles Semi Finals
 SG 100m Hurdles Semi Finals
 MB 100m Hurdles Semi Finals
 JB 100m Hurdles Semi Finals
 SB 110m Hurdles Semi Finals

2:15 MG 100m Semi Finals
 MB 100m Semi Finals
 JG 100m Semi Finals
 JB 100m Semi Finals
 SG 100m Semi Finals
 SB 100m Semi Finals

2:45 MG 1500m FINAL
 MB 1500m FINAL
 JG 1500m FINAL
 JB 1500m FINAL
 SG 1500m FINAL
 SB 1500m FINAL
 Blind Male 1500m
 Para-Wheelchair Male 1500m

3:45 MG 400m TIMED SECTIONS
 MB 400m TIMED SECTIONS
 JG 400m TIMED SECTIONS
 JB 400m TIMED SECTIONS
 SG 400m TIMED SECTIONS
 SB 400m TIMED SECTIONS

4:30 MG 80m Hurdles FINAL
 JG 80m Hurdles FINAL
 SG 100m Hurdles FINAL
 MB 100m Hurdles FINAL
 JB 100m Hurdles FINAL
 SB 110m Hurdles FINAL

5:00 Para-Ambulant Female 100m FINAL
 Para-Ambulant Male 100m FINAL
 MG 100m FINAL
 MB 100m FINAL
 JG 100m FINAL
 JB 100m FINAL
 SG 100m FINAL
 SB 100m FINAL

Field Events

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

1:00 MG/JG Pole Vault

2:00 Senior Girls Pole Vault

2:45 Midget Girls Shot Put
 Midget Boys Long Jump
 Junior Girls Discus
 Junior Boys Triple Jump
 Senior Girls Javelin
 Senior Boys High Jump

3:30 Midget Boys Pole Vault

South Regional Track and Field Schedule
Day Two – Friday, May 27th
Niagara Olympic Club facility – St. Catharines
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Track Events

9:30 MG 4 x 100m Relay TIMED SECTIONS
 MB 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 MG 800m TIMED SECTIONS
 MB 800m TIMED SECTIONS
 JG 800m TIMED SECTIONS
 JB 800m TIMED SECTIONS
 SG 800m TIMED SECTIONS
 SB 800m TIMED SECTIONS
 Blind Female 800m
 Para-Wheelchair Female 800m

11:30 MG 200m Semi Finals
 MB 200m Semi Finals
 JG 200m Semi Finals
 JB 200m Semi Finals
 SG 200m Semi Finals
 SB 200m Semi Finals

12:15 SG/SB 3000m FINAL

12:45 TRACK BREAK

1:15 MG 300m Hurdles TIMED SECTIONS
 JG 300m Hurdles TIMED SECTIONS
 SG 400m Hurdles TIMED SECTIONS
 MB 300m Hurdles TIMED SECTIONS
 JB 300m Hurdles TIMED SECTIONS
 SB 400m Hurdles TIMED SECTIONS

2:00 JG/JB 3000m FINAL

2:30 SG 200m FINAL ****PLEASE NOTE THE**
 SB 200m FINAL **ORDER OF EVENTS****
 JG 200m FINAL
 JB 200m FINAL
 MG 200m FINAL
 MB 200m FINAL

3:00 MG/MB 3000m FINAL

3:30 OPEN GIRLS 4 x 400m Relay TIMED SECTIONS
 OPEN BOYS 4 X 400m Relay TIMED SECTIONS

Field Events

9:15 Midget Girls High Jump
 Midget Boys Javelin
 Junior Girls Long Jump
 Junior Boys Shot Put
 Senior Girls Triple Jump
 Senior Boys Discus

10:00 Junior Boys Pole Vault

11:00 Midget Girls Javelin
 Midget Boys High Jump
 Junior Girls Shot Put
 Junior Boys Long Jump
 Senior Girls Discus
 Senior Boys Triple Jump

12:00 Senior Boys Pole Vault

12:30 Midget Girls Triple Jump
 Midget Boys Discus
 Junior Girls High Jump
 Junior Boys Javelin
 Senior Girls Long Jump
 Senior Boys Shot Put

3:00 Midget Girls Discus
 Midget Boys Triple Jump
 Junior Girls Javelin
 Junior Boys High Jump
 Senior Girls Shot Put
 Senior Boys Long Jump