

OFSAA WEST REGIONAL TRACK SCHEDULE 2019

DAY 1- FRIDAY MAY 31

1:30 pm Open Girls 2000 m Steeplechase Final

1:45 pm Midget Girls 80 m Hurdles Semi-Finals
Junior Girls 80 m Hurdles Semi-Finals
Senior Girls 100 m Hurdles Semi-Finals
Midget Boys 100 m Hurdles Semi-Finals
Junior Boys 100 m Hurdles Semi-Finals
Senior Boys 110 m Hurdles Semi-Finals

2:30 Open Boys 2000 m Steeplechase Final

2:45 pm Midget Girls 100 m Semi-Finals
Midget Boys 100 m Semi-Finals
Junior Girls 100 m Semi-Finals
Junior Boys 100 m Semi-Finals
Senior Girls 100 m Semi-Finals
Senior Boys 100 m Semi-Finals

3:30 pm Midget Girls 400 m Timed Final
Midget Boys 400 m Timed Final
Junior Girls 400 m Timed Final
Junior Boys 400 m Timed Final
Senior Girls 400 m Timed Final
Senior Boys 400 m Timed Final

*******TRACK BREAK*******

5:00 pm Midget Girls 80 m Hurdles Final
Junior Girls 80 m Hurdles Final
Senior Girls 100 m Hurdles Final
Midget Boys 100 m Hurdles Final
Junior Boys 100 m Hurdles Final
Senior Boys 110 m Hurdles Final

5:30 pm AmbG & AmbB 100 m Final
 IDG & IDB 100 m Final
 VIG & VIB 100 m Final
 Midget Girls 100 m Final
 Midget Boys 100 m Final
 Junior Girls 100 m Final
 Junior Boys 100 m Final
 Senior Girls 100 m Final
 Senior Boys 100 m Final

6:00 pm Midget Girls 1500 m Final
 Midget Boys 1500 m Final
 Junior Girls 1500 m Final
 Junior Boys 1500 m Final
 Senior Girls 1500 m Final
 Senior Boys 1500 m Final

7:00 pm Midget Girls 4 x 100 Relay Timed Final
 Midget Boys 4 x 100 Relay Timed Final
 Junior Girls 4 x 100 Relay Timed Final
 Junior Boys 4 x 100 Relay Timed Final
 Senior Girls 4 x 100 Relay Timed Final
 Senior Boys 4 x 100 Relay Timed Final

DAY 2 – SATURDAY JUNE 1

10:00 am **Senior Girls 200 m Semi-Finals**
 Senior Boys 200 m Semi-Finals
 Junior Girls 200 m Semi-Finals
 Junior Boys 200 m Semi-Finals
 Midget Girls 200 m Semi-Finals
 Midget Boys 200 m Semi-Finals

10:45 am Senior Girls 3000 m Final
 Senior Boys 3000 m Final

11:15 am **Senior Boys 400 m Hurdles Timed Final**
 Senior Girls 400 m Hurdles Timed Final
 Junior Girls 300 m Hurdles Timed Final
 Midget Girls 300 m Hurdles Timed Final
 Junior Boys 300 m Hurdles Timed Final
 Midget Boys 300 m Hurdles Timed Final

*****TRACK BREAK*****

12:45 pm Junior Girls 3000 m Final
Junior Boys 3000 m Final

1:15 pm **Senior Girls 800 m Final**
Senior Boys 800 m Final
Junior Girls 800 m Final
Junior Boys 800 m Final
Midget Girls 800 m Final
Midget Boys 800 m Final
AmbG & AmbB 800 m Final
IDG & IDB 800 m Final
VIG & VIB 800 m Final

2:15 pm **Senior Girls 200 m Final**
Senior Boys 200 m Final
Junior Girls 200 m Final
Junior Boys 200 m Final
Midget Girls 200 m Final
Midget Boys 200 m Final
WCG & WCB 200 m Final

2:45 pm Midget Girls 3000 m Final
Midget Boys 3000 m Final

3:15 pm Open Girls 4 x 400 Relay Timed Final
Open Boys 4 x 400 Relay Timed Final

OFSAA WEST REGIONAL FIELD SCHEDULE 2019

DAY 1 – FRIDAY MAY 31

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|---------|--|
| 1:30 pm | Midget Boys Pole Vault |
| 2:00 pm | Midget Girls Long Jump
Senior Girls High Jump
Midget Boys Shot Put
Junior Boys Discus
Senior Boys Javelin
Senior Boys Triple Jump |
| 3:30 pm | Midget Girls Shot Put
Midget Girls Pole Vault
Junior Girls Discus
Senior Girls Javelin
Midget Boys Long Jump
Junior Boys Triple Jump
Senior Boys High Jump |
| 5:00 pm | Midget Girls High Jump
Junior Girls Long Jump
Senior Girls Triple Jump
Midget Boys Javelin
Junior Boys Shot Put
Junior Boys Pole Vault
Senior Boys Discus |

DAY 2 – SATURDAY JUNE 1

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|----------|---|
| 9:30 am | Junior Girls Pole Vault |
| 10:00 am | Midget Girls Javelin
Junior Girls Shot Put
Amb/WC Shot Put
Junior Girls Triple Jump
Senior Girls Discus
Midget Boys High Jump
Junior Boys Long Jump |

11:30 Midget Girls Triple Jump
Junior Girls High Jump
Senior Girls Long Jump
Midget Boys Discus
Junior Boys Javelin
Senior Boys Shot Put
Senior Boys Pole Vault

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