

OFSAA WEST REGIONAL TRACK SCHEDULE 2026

DAY 1- Thursday May 28

1:45 pm Open Girls 2000 m Steeplechase Final
 Open Boys 2000 m Steeplechase Final

2:15 pm Novice Girls 80 m Hurdles Semi-Finals
 Junior Girls 80 m Hurdles Semi-Finals
 Senior Girls 100 m Hurdles Semi-Finals
 Novice Boys 100 m Hurdles Semi-Finals
 Junior Boys 100 m Hurdles Semi-Finals
 Senior Boys 110 m Hurdles Semi-Finals

3:00 pm Novice Girls 100 m Semi-Finals
 Novice 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

3:45 pm Novice Girls 400 m Timed Final
 Novice 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*******

5:15 pm Novice Girls 80 m Hurdles Final
 Junior Girls 80 m Hurdles Final
 Senior Girls 100 m Hurdles Final
 Novice Boys 100 m Hurdles Final
 Junior Boys 100 m Hurdles Final
 Senior Boys 110 m Hurdles Final

5:45 pm AmbG & AmbB 100 m Final
 IIG & IIB 100 m Final
 VIG & VIB 100 m Final
 Novice Girls 100 m Final
 Novice Boys 100 m Final
 Junior Girls 100 m Final
 Junior Boys 100 m Final
 Senior Girls 100 m Final
 Senior Boys 100 m Final

6:15 pm Novice Girls 1500 m Final
Novice Boys 1500 m Final
Junior Girls 1500 m Final
Junior Boys 1500 m Final
Senior Girls 1500 m Final
Senior Boys 1500 m Final

7:15 pm Novice Girls 4 x 100 Relay Timed Final
Novice 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 – Friday May 29

9:45 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
Novice Girls 200 m Semi-Finals
Novice Boys 200 m Semi-Finals

10:30 am Senior Girls 3000 m Final
Senior Boys 3000 m Final

11:00 am Senior Boys 400 m Hurdles Timed Final
Senior Girls 400 m Hurdles Timed Final
Junior Girls 300 m Hurdles Timed Final
Novice Girls 300 m Hurdles Timed Final
Junior Boys 300 m Hurdles Timed Final
Novice Boys 300 m Hurdles Timed Final

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

12:30 pm Junior Girls 3000 m Final
Junior Boys 3000 m Final

1:00 pm Senior Girls 800 m Timed Final
Senior Boys 800 m Timed Final
Junior Girls 800 m Timed Final
Junior Boys 800 m Timed Final
Novice Girls 800 m Timed Final
Novice Boys 800 m Timed Final
AmbG & AmbB 800 m Final
IIG & IIB 800 m Final
VIG & VIB 800 m Final

2:00 pm

Senior Girls 200 m Final
Senior Boys 200 m Final
Junior Girls 200 m Final
Junior Boys 200 m Final
Novice Girls 200 m Final
Novice Boys 200 m Final
WCG & WCB 200 m Final

2:30 pm

Novice Girls 3000 m Final
Novice Boys 3000 m Final

3:00 pm

Mixed 4 x 400 Relay Timed Final
Open Girls 4 x 400 Relay Timed Final
Open Boys 4 x 400 Relay Timed Final

OFSAA WEST REGIONAL FIELD SCHEDULE 2026

DAY 1 – Thursday May 28

- 1:45 pm Novice Boys Pole Vault
- 2:00 pm Novice Girls Long Jump
Junior Girls Triple Jump
Senior Girls High Jump
Novice Boys Shot Put
Junior Boys Discus
Senior Boys Javelin
- 3:45 pm Novice Girls Shot Put
Novice Girls Pole Vault
Junior Girls Discus
Senior Girls Javelin
Novice Boys Long Jump
Junior Boys Triple Jump
Senior Boys High Jump
- 5:30 pm Novice Girls High Jump
Junior Girls Long Jump
Senior Girls Triple Jump
Novice Boys Javelin
Junior Boys Shot Put
Senior Boys Discus
- 5:45 pm Junior Boys Pole Vault

DAY 2 – Friday May 29

- 9:00 am Junior Girls Pole Vault
- 10:00 am Novice Girls Javelin
Junior Girls Shot Put
Amb/ID/WC Shot Put
Senior Girls Discus
Novice Boys High Jump
Junior Boys Long Jump
Senior Boys Triple Jump
- 11:15 am Senior Boys Pole Vault

11:45 am

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

1:30 pm

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