

Schedule of Track Events (2026)

Please Note: Girls run before boys for all races.

	Event	Age Classes Contested	Order
10:30 a.m.	Sprint hurdles	Novice/Junior/Senior	Girls/Boys
11:30 a.m.	100m	Novice/Junior/Senior	Girls
1:30 p.m.	100 m	Novice/Junior/Senior	Boys
***3:00 p.m.	1500m	Novice/Junior/Senior	Girls/Boys
*** will move up start times if complete 100's sooner			
4:30 p.m.	4 x 100 m	Novice/Junior/Senior	Girls/Boys
6:00 p.m.	400 m	Novice & Junior together/Senior	Girls/Boys
7:15 p.m.	Steeplechase	OPEN	Girls/Boys

Schedule of Field Events

	Shot Put	Javelin	Discus	High Jump	Long Jump	Triple Jump
10:30	JG	NB	NG	JB	SG	SB
12:00	SG	SB	JB	NG	NB	JG
1:30	NB	NG	JG	SG	SB	JB
3:00	SB	JB	SG	NB	JG	NG
4:30	NG	JG	NB	SB	JB	SG
6:00	JB	SG	SB	JG	NG	NB
Pole Vault 10:30 am				Open Girls		
Pole Vault 2:00 PM				Open Boys		

In terms of Field events, due to the number of entries we can't guarantee a minimum number of attempts. In order to hopefully allow every competitor to get three attempts, the first attempt for all competitors will be measured. All subsequent attempts will only be measured if they are beyond the distance of the 8th place competitor from the first round. Adjustments may also be in place for pole vault and high jump depending on the number of competitors.