

APPENDIX A - WOSSAA TRACK & FIELD SCHEDULE 2019
WESTERN UNIVERSITY

DAY ONE (Thursday, May 23rd)

Track Events		Field Events	
9:30 AM	Open Girls 2000m Steeplechase (30") 2 heats - Timed Finals	**9:30 AM**	Midget Girls Long Jump Senior Girls High Jump Midget Boys Shot Put Boys Para Shot Put (4kg) Junior Boys Discus Senior Boys Javelin Senior Boys Triple Jump Junior Boys Pole Vault
9:50 AM	Midget Girls 80m hurdles 2 heats Junior Girls 80m hurdles 2 heats Senior Girls 100m hurdles 2 heats		
10:05 AM	Midget Boys 100m hurdles 2 heats Junior Boys 100m hurdles 2 heats Senior Boys 110m hurdles 2 heats		
10:20 AM	Open Boys 2000m Steeplechase (36") 2 heats - Timed Finals		
10:40 AM	Midget Girls 400m 2 heats - Timed Finals Junior Girls 400m 2 heats - Timed Finals Senior Girls 400m 2 heats - Timed Finals Midget Boys 400m 2 heats - Timed Finals Junior Boys 400m 2 heats - Timed Finals Senior Boys 400m 2 heats - Timed Finals Wheelchair 400m	**11:00 AM**	Midget Girls Shot Put Girls Para Shot Put (3kg) Junior Girls Discus Senior Girls Javelin Midget Boys Long Jump Junior Boys Triple Jump Senior Boys High Jump Junior Girls Pole Vault
12:00 PM	Senior Boys 110m hurdles Final Junior Boys 100m hurdles Final Midget Boys 100m hurdles Final Senior Girls 100m hurdles Final Junior Girls 80m hurdles Final Midget Girls 80m hurdles Final		
	Track Officials Break		
1:00 PM	Midget Boys 1500m Final Junior Boys 1500m Final Senior Boys 1500m Final	**1:00 PM**	Midget Girls High Jump Junior Girls Long Jump Senior Girls Triple Jump Midget Boys Javelin Junior Boys Shot Put Senior Boys Discus Senior Boys Pole Vault
1:30 PM	Midget Girls 100m 2 heats Junior Girls 100m 2 heats Senior Girls 100m 2 heats Midget Boys 100m 2 heats Junior Boys 100m 2 heats Senior Boys 100m 2 heats		

DAY ONE (Thursday, May 23rd) Track Events continued...	
2:15 PM	Senior Girls 1500m Final Junior Girls 1500m Final Midget Girls 1500m Final
3:00 PM	Ambulatory, Visually Impaired and Intellectual Disability Girls 100m Final Ambulatory, Visually Impaired and Intellectual Disability Boys 100m Final Midget Girls 100m Final Junior Girls 100m Final Senior Girls 100m Final Midget Boys 100m Final Junior Boys 100m Final Senior Boys 100m Final
3:30 PM	Midget Girls 4x100m 2 heats - Timed Finals Junior Girls 4x100m 2 heats - Timed Finals Senior Girls 4x100m 2 heats - Timed Finals Midget Boys 4x100m 2 heats - Timed Finals Junior Boys 4x100m 2 heats - Timed Finals Senior Boys 4x100m 2 heats - Timed Finals

DAY TWO (Friday, May 24th)

Track Events		Field Events	
9:30 AM	Midget Girls 300m Hurdles 2 heats - Timed Finals Junior Girls 300m Hurdles 2 heats - Timed Finals Senior Girls 400m Hurdles 2 heats - Timed Finals Midget Boys 300m Hurdles 2 heats - Timed Finals Junior Boys 300m Hurdles 2 heats - Timed Finals Senior Boys 400m Hurdles 2 heats - Timed Finals	**9:30 AM**	Midget Girls Javelin Junior Girls Shot Put Junior Girls Triple Jump Senior Girls Discus Midget Boys High Jump Junior Boys Long Jump Senior Girls Pole Vault
10:15 AM	Midget Girls 3000m Final Midget Boys 3000m Final		
10:45 AM	Midget Girls 200m 2 heats Junior Girls 200m 2 heats Senior Girls 200m 2 heats Midget Boys 200m 2 heats Junior Boys 200m 2 heats Senior Boys 200m 2 heats	**11:00 AM**	Midget Girls Triple Jump Junior Girls High Jump Senior Girls Long Jump Midget Boys Discus Junior Boys Javelin Senior Boys Shot Put Midget Boys Pole Vault
11:30 AM	Visually Impaired Girls 800m Final Ambulatory Girls 800m Final Intellectual Disability Girls 800m Final Midget Girls 800m 2 heats - Timed Finals Junior Girls 800m 2 heats - Timed Finals Senior Girls 800m 2 heats - Timed Finals ***Possible 200m Tie-Breaker Run-Offs** Visually Impaired Boys 800m Final Ambulatory Boys 800m Final Intellectual Disability Boys 800m Final Midget Boys 800m 2 heats - Timed Finals Junior Boys 800m 2 heats - Timed Finals Senior Boys 800m 2 heats - Timed Finals		
	Track Officials Break		
1:00 PM	Midget Girls 200m Final Junior Girls 200m Final Senior Girls 200m Final Wheelchair Girls 200m Final Midget Boys 200m Final Junior Boys 200m Final Senior Boys 200m Final Wheelchair Boys 200m Final	**1:00 PM**	Midget Girls Discus Junior Girls Javelin Senior Girls Shot Put Midget Boys Triple Jump Junior Boys High Jump Senior Boys Long Jump Midget Girls Pole Vault
1:30 PM	Senior Girls 3000m Final Senior Boys 3000m Final Junior Girls 3000m Final Junior Boys 3000m Final		
2:30 PM	Open Girls 4x400m Relay 2 heats - Timed Finals Open Boys 4x400m Relay 2 heats - Timed Finals		