

## EVENTS FINAL SCHEDULE

**SATURDAY APRIL 11, 2026 – Day 1**

*(Rolling Schedule: Each event will start after the previous event)*

8:30am - Coaches Meeting

8:45am - National Anthem

<b>Morning Track Session</b>				
<b>8:30 Warm Ups</b>				
9:00 am	1200 m (20)	Timed Final	Tyke	Girls/Boys
9:20 am	1500 m (103)	Timed Final	Atom / Senior / Intermediate / Youth	Girls Then Boys in Each Category (ie. Mite Girls, Mite Boys, Tyke Girls, Tyke Boys)
10:30am	60 m (20)	Timed Final	Peewee	Girls/Boys
10:40 am	60 m (328)	Heats	Mite / Tyke / Atom / Senior / Intermediate/ Youth	Girls Then Boys in Each Category
<b>LUNCH BREAK (Approx 12:30-1:30 pm)</b>				
<b>Afternoon Track Session</b>				
1:30 pm	400 m (206)	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls Then Boys in Each Category
3:00 pm	60 m	Finals	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls Then Boys in Each Category
3:30 pm	800 m Racewalk. (12)	Timed Final	Atom / Senior / Intermediate / Youth	All Girls and Boys COMBINED
4:00 pm	Sprint Medley Relay (24)	Timed Final	Mite / Tyke / Atom / Senior / Intermediate / Youth	Girls Then Boys in Each Category

<b>Field Events</b>				
<b>Time</b>	<b>High Jump</b>	<b>Horizontal Jumps Pit 1</b>	<b>Horizontal Jumps Pit 2</b>	<b>Shot Put</b>
8:30 am	<b>Warm-ups open</b>	<b>Warm-ups open</b>	<b>Warm-ups open</b>	<b>Warm-ups open</b>
9:00 am	Tykes Boys (3)	Intermediate Boys (6) and Youth Boys (6) Triple Jump		Mite Girls (4)
	Atom Boys (4)	Mite Boys Long Jump (11)	Peewee Girls Long Jump (6)	Tyke Girls (4)
10:00am		Mite Girls Long Jump (8)	Peewee Boys Long Jump (9)	Intermediate Girls (7) Youth Girls (2)
10:30 am	Senior/Intermediate/Youth Boys (11)		Tyke Boys Long Jump (19)	
11:00 am				Senior Girls (10)
11:30 am			Tyke Girls Long Jump (12)	
<b>12:30 – 1:30 pm</b>	<b>Lunch</b>			
1:30 pm	Tykes Girls (2) Atom Girls (3)	Atom Boys Long Jump (12)		Atom Girls (6)
2:00 pm				Intermediate (5) and Youth Boys (2)
2:30 pm	Senior/Intermediate/Youth Girls (17)			Senior Boys (4)
3:00 pm			Intermediate Boys Long Jump (7)	Mite Boys (8)
3:30 pm				Tyke Boys (8)
4:00 pm				Atom Boys (6)

## EVENTS FINAL SCHEDULE

Sunday APRIL 12, 2026 - Day 2

*(Rolling Schedule: Each event will start after the previous event)*

<b>Morning Track Session</b>				
<b>8.30 Warm Up</b>				
9:00 am	2000m/3000m (17)	Timed Final	Senior/Intermediate and Youth	Girls/Boys Combined
10:00 am	200 m (408)	Timed Final	Mite / Tyke / Atom / Senior / Intermediate/ Youth	Girls Then Boys in Each Category
<b>LUNCH BREAK (Approx 12:30-1:00 pm)</b>				
<b>Afternoon Track Session</b>				
1:00 pm	60 m Hurdles (60)	Timed Final	Mite / Tyke / Atom / Senior / Intermediate/ Youth	Girls Then Boys in Each Category
1:30 pm	800 m (163)	Timed Final	Mite / Tyke / Atom / Senior / Intermediate/ Youth	Girls Then Boys in Each Category
3:00 pm	4x 200 m Relay (57)	Timed Final	Mite / Tyke / Atom / Senior / Intermediate/ Youth	Girls Then Boys in Each Category

<b>Time</b>	<b>Horizontal Jumps Pit 1</b>	<b>Horizontal Jumps Pit 2</b>
8:30 am	<b>Warm-ups open</b>	<b>Warm-ups open</b>
9:00 am	Atom Girls Long Jump (16)	Intermediate Girls Long Jump (12)
10:00 am		Youth Girls Long Jump (6)
10:30 am	Senior Boys Long Jump (14)	Senior Girls Long Jump (20)
11:00 am		
11:30 am		
12:00 pm		
<b>12:30 – 1:00 pm</b>	<b>Lunch</b>	
1:30 pm	Atom Boys Triple Jump (4)	Youth Boys Long Jump (10)
2:00 pm		
2:30 pm	Senior Boys Triple Jump (3)	Atom Girls Triple Jump (5)
3:00 pm	Senior Girls Triple Jump (8)	Intermediate Girls Triple Jump(11)
3:30 pm		
4:00 pm		Youth Girls Triple Jump (5)