



THOROLD ELITE SEASON OPENER

Sunday April 26, 2026

Final Schedule



- Final schedule may still be advanced +/- 15 minutes as required
- **With a few exceptions, track events will generally run girls first boys second from slowest to fastest heat but may be combined as needed to ensure a streamlined meet**

Morning Track Session					Check In
9:15 am	80 m Hurdles	Timed Final	U16 Girls – 30" [1 heat]	Girls	9:00 am
9:20 am	100 m Hurdles	Timed Final	U18 – 30" [1 heat]	Girls	9:05 am
9:25 am	100 m Hurdles	Timed Final	U16 Boys + U20 Women – 33" [2 heats]		9:10 am
9:35 am	110 m Hurdles	Timed Final	U18 – 36" + U20 – 39" [1 heat]	Boys	9:20 am
9:50 am	2000 m	Timed Final	Open [1 heat]	Boys	9:35 am
10:05 am	3000 m	Timed Final	Open [1 heat]	Boys + Girls COMBINED	9:50 am
10:25 am	100 m	Round 1	Open [5 heats]	Girls	10:10 am
10:40 am	100 m	Round 1	Open [3 heats]	Boys	10:25 am
11:00 am	1500 m	Timed Final	Open [2 heats]	Girls	10:45 am
11:15 am	1500 m	Timed Final	Open [1 heat]	Boys	11:00 am
11:25 am	300 m	Timed Final	Open [1 heat]	Girls	11:10 am
11:30 am	300 m	Timed Final	Open [2 heats]	Boys	11:15 am
11:45 am	400 m	Timed Final	Open [4 heats]	Girls	11:30 am
11:55 am	400 m	Timed Final	Open [4 heats]	Boys	11:40 am
12:10 pm	1200 m	Timed Final	Open [1 heat]	Girls + Boys COMBINED	11:55 am
12:25 pm	100 m	Round 2	Open [5 heats]	Girls	12:10 pm
12:40 pm	100 m	Round 2	Open [3 heats]	Boys	12:25 pm
1:00 pm	800 m/ 1500 m Racewalk	Timed Final	All ages combined [1 heat]	All COMBINED	12:45 pm
LUNCH BREAK (Approx 1:10-2:00 pm)					
Afternoon Track Session					
2:00 pm	400 m Hurdles	Timed Final	Open [1 heat]	Boys	1:45 pm
2:10 pm	400 m Hurdles	Timed Final	Open [1 heat]	Girls	1:55 pm
2:20 pm	300 m Hurdles	Timed Final	Open [1 heat]	Girls + Boys COMBINED	2:05 pm
2:40 pm	200 m	Timed Final	Open [4 heats]	Girls	2:25 pm
3:00 pm	200 m	Timed Final	Open [3 heats]	Boys	2:45 pm
3:20 pm	800 m	Timed Final	Open [4 heats]	Girls	3:05 pm
3:40 pm	800 m	Timed Final	Open [4 heats]	Boys	3:25 pm
4:00 pm	4x 800 m Relay	Timed Final	Open [1 heat]	Girls + Boys	3:45 pm
4:10 pm	Open call for any other relays	Timed Final	Open	Girls + Boys	3:55 pm

NOTES:

Check in at the start line of each event. Please gather 15 minutes before the scheduled start of the event for clerking and hip numbers etc.

Field Events					
Time	High Jump	Horizontal Jumps Pit 1	Shot put	Discus/ Hammer Cage	Javelin
9:00 am				Girls Hammer #1 [7]	
9:15 am				Leah Sandel	
9:30 am	Warm-ups open	Warm-ups open		Alina Finochio Olivia Froemchen Savannah Rodgers Hunter Smith Nadine Wyczolkowski Shannon Van Grinsven	
10:00 am	All High Jump	Mixed Long Jump #1		Girls Hammer #2 [10]	
10:15 am	Boys [4] + Girls [2]	[6]		Avery Brunner	
10:30 am	Connor Rogers Ryder Blight Sullivan Bolton Joshua Spencer Madison Kwofie Cali Benner	Molly Lewis Mackenzie Coffey Lavanya Sharma Anjali Pushpanathan Ammar Mohamed Miles Hurley	Warm-ups open	Brooke Christensen Payton Blight Adair Scott-Fleming Izabela Butryn Victoria Riordon Payton Forde Saige Burbick Sofia Divizio Blaire Rickard	
11:00 am		Mixed Long Jump #2	Girls Shot put #1 [8]	Boys Hammer [8]	
11:30 am		[7] Vanessa Van Galen Hailey Beswick Cali Benner Nahum Latham Luke Nunes Seyon Satheesh Braydon Pearson	Arianna Dupuis Rehmat Sekhon Nimarta Sekhon Karsin MacLean Emelia Sura Leah Sandel Alina Finochio Shannon Van Grinsven	Mason Strefeler Jordan Gillen Keaton Bokma Hunter McLean Liam Mackay-Cotton Sam Morrow Ryan Garrett Ian Morton	Warm-ups open
12:00 pm			Boys Shot put [9]		Girls Javelin [7]
12:30 pm		Mixed Long Jump #3	Mason Strefeler Bryce Blight Noah Vanneck Jordan Gillen Adam Van Grinsven Harrison Hulbert Hunter McLean Roman Yeterian Sam Morrow		Molly Lewis Kaitlyn Robinson Ellie Thomson Hazel Yaromich Hannah Blair Cali Benner Barb Dabrowski
1:00 pm		[4] Maria Schwersh Lian Butler Connor Rogers Sam Burtley	Girls Shot put #2 [10]		Boys Javelin [10]
			Madelyn Goulding Payton Blight Adair Scott-Fleming Victoria Riordon Liv Sands Cali Benner Charlotte Bolton Saige Burbick Sofia Divizio Blaire Rickard		Mason Strefeler Bryce Blight Hunter Collee Tyler Burns Noah Janzen Ryder Blight Quinn Rungi-Ruston Jaxon Lamb Jim McLaren Carson Gauthier
1:30 pm	HJ Practice	All Triple Jump		Warm-ups open	
2:00 pm		Boys [1] + Girls [7] Jonah Walker Jenna Antonio Mia Bissett Molly Lewis Isla Farquhar Lavanya Sharma Swaathi Satheesh Anjali Pushpanathan		Girls Discus [15]	
2:30 pm				Nimarta Sekhon Rehmat Sekhon Leah Sandel Alina Finochio Olivia Froemchen Madelyn Goulding Payton Blight Adair Scott-Fleming Izabela Butryn Victoria Riordon Charlotte Bolton Nadine Wyczolkowski Saige Burbick Sofia Divizio Blaire Rickard	
3:00 pm					
3:15 pm				Boys Discus [11]	
3:30 pm				Mason Strefeler Noah Vanneck Tyler Burns Adam Van Grinsven Keaton Bokma Harrison Hulbert Liam Mackay-Cotton Roman Yeterian Ryan Garrett Mike Ransky Hardeep Sekhon	
4:00 pm					
4:30 pm					

Note: Schedule is still subject to be advanced or delayed +/- up to 15 minutes as required. This is only our best ESTIMATE for Throws and Hammer/ Javelin/ Discus will be ROLLING with minimal warm-up time between flights. It is possible that it will take longer than anticipated to get through this volume of throwers.