



# 2026 NWOSSAA TRACK & FIELD

## MEET SCHEDULE

DAY 1 - TUESDAY, MAY 26, 2026

TRACK				FIELD		
TIME	EVENT			TIME	EVENT	
12:00 PM	Hurdles	80 m, 100 m, 110 m				
12:30 PM	Open Girls	2000 m SC	FINAL			
12:45 PM	Open Boys	2000 m SC	FINAL	12:45 PM	Novice Girls	Long Jump
					Junior Girls	Triple Jump
1:00 PM	Novice Girls	400 m	HEATS		Senior Girls	High Jump
	Novice Boys	400 m	HEATS		Novice Boys	Shot Put
	Junior Girls	400 m	HEATS		Junior Boys	Discus
	Junior Boys	400 m	HEATS		Senior Boys	Javelin
	Senior Girls	400 m	HEATS			
	Senior Boys	400 m	HEATS			
2:00 PM	Novice Girls	100 m	HEATS			
	Novice Boys	100 m	HEATS	2:15 PM	Novice Girls	Shot Put
	Junior Girls	100 m	HEATS		Junior Girls	Discus
	Junior Boys	100 m	HEATS		Senior Girls	Javelin
	Senior Girls	100 m	HEATS		Novice Boys	Long Jump
	Senior Boys	100 m	HEATS		Junior Boys	Triple Jump
					Senior Boys	High Jump
3:00 PM	Novice Girls	1500 m	FINAL			
	Novice Boys	1500 m	FINAL	3:45 PM	Novice Girls	High Jump
	Junior Girls	1500 m	FINAL		Junior Girls	Long Jump
	Junior Boys	1500 m	FINAL		Senior Girls	Triple Jump
	Senior Girls	1500 m	FINAL		Novice Boys	Javelin
	Senior Boys	1500 m	FINAL		Junior Boys	Shot Put
					Senior Boys	Discus
4:00 PM	Novice Girls	400 m	FINAL			
	Novice Boys	400 m	FINAL			
	Junior Girls	400 m	FINAL			
	Junior Boys	400 m	FINAL			
	Senior Girls	400 m	FINAL			
	Senior Boys	400 m	FINAL			
5:00 PM	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			
5:30 PM	Mixed	4 x 400 m Relay FINAL				

**Event Conflict Process**

Please remind competitors that when field events and track events conflict as to time, **track events take precedence.**

\* **Report to the field event first** and inform the official that you are in a track event.

\* Compete in the track event and then return to the field event.



# 2026 NWOSSAA TRACK & FIELD

## MEET SCHEDULE

DAY 2 - Wednesday, MAY 27, 2026

TRACK				FIELD		
TIME	EVENT			TIME	EVENT	
9:15 AM	Hurdles	300 m, 400 m		9:15 AM	Novice Girls	Javelin
					Junior Girls	Shot Put
9:45 AM	Senior Girls	200 m	HEATS		Senior Girls	Discus
	Senior Boys	200 m	HEATS		Novice Boys	High Jump
	Junior Girls	200 m	HEATS		Junior Boys	Long Jump
	Junior Boys	200 m	HEATS		Senior Boys	Triple Jump
	Novice Girls	200 m	HEATS		Senior Boys	Triple Jump
	Novice Boys	200 m	HEATS			
10:45 AM	Senior Girls	800 m	FINAL	10:45 AM	Novice Girls	Triple Jump
	Senior Boys	800 m	FINAL		Junior Girls	High Jump
	Junior Girls	800 m	FINAL		Senior Girls	Long Jump
	Junior Boys	800 m	FINAL		Novice Boys	Discus
	Novice Girls	800 m	FINAL		Junior Boys	Javelin
	Novice Boys	800 m	FINAL		Senior Boys	Shot Put
<b>TRACK BREAK</b>						
12:00 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			
12:30 PM	Senior Girls	3000 m	FINAL	12:30 PM	Novice Girls	Discus
	Senior Boys	3000 m	FINAL		Junior Girls	Javelin
	Junior Girls	3000 m	FINAL		Senior Girls	Shot Put
	Junior Boys	3000 m	FINAL		Novice Boys	Triple Jump
	Novice Girls	3000 m	FINAL		Junior Boys	High Jump
	Novice Boys	3000 m	FINAL		Senior Boys	Long Jump
2:00 PM	Senior Girls	4 x 100 m Relay	FINAL			
	Senior Boys	4 x 100 m Relay	FINAL			
	Junior Girls	4 x 100 m Relay	FINAL			
	Junior Boys	4 x 100 m Relay	FINAL			
	Novice Girls	4 x 100 m Relay	FINAL			
	Novice Boys	4 x 100 m Relay	FINAL			
2:45 PM	Open Girls	4 x 400 m Relay	FINAL			
	Open Boys	4 x 400 m Relay	FINAL			
3:00 PM	PRESENTATION OF AWARDS					

**Attention ALL Athletes & Coaches:**

1. Only coaches and athletes warming up or competing are allowed beyond the white fence; on the track, runways or infield.
2. Check-in for events will be at the START Lines and Field Event locations.
3. Take note of the reversed order of track events for age divisions. This is to allow more rest time for Seniors who may be competing in the 4 x 400 m.