# 2026 Lakehead Season Opener
# Saturday, November 28th, 2026
# FINAL SCHEDULE

## Meet Information:

**LOCATION:** LU Hanger
**HOSTED BY:** Lakehead Track & Field/XC
**AVAILABLE TO:** All

**Events Offered:**

| U9 | U12/U14 | U16/U18 | University/Open |
|---|---|---|---|
| 60m<br>200m<br>400m<br>800m<br>60mH (24”) | 60m<br>200m<br>400m<br>800m<br>60mH (24/27”) | 60m<br>300m<br>1,000m<br>3,000m*<br>60m Hurdles<br>High Jump<br>4x200m<br>4x400m | 60m<br>300m<br>1,000m<br>3,000m<br>60m Hurdles<br>Shot Put<br>High Jump<br>4x200m<br>4x400m |

**Results:** https://sssaatiming.nfshost.com

**Age Categories auto-populated by registration platform (as per Athletics Ontario – only birthyear is relative)**

# FINAL SCHEDULE

***Athletes will check-in at the registration table no later than 15min before their event & events run Women, followed by Men***

| Time: | Event: | Round: | Gender: | Division: |
|---|---|---|---|---|
| **MORNING SESSION: U10, U12 & U14** *(All events will in the morning session will run YOUNGEST to OLDEST)* | | | | |
| 9:45am | 60m-Dash | Heats (Top-6 per division) | Female | U10, U12 & U14 (8h) |
| | | | Male | U10, U12 & U14 (8h) |
| | | | | |
| 10:20am | 800m-Run | Timed Final | Female | U10, U12 & U14 (2h) |
| | | Timed Final | Male | U10, U12 & U14 (1h) |
| | | | | |
| 10:35am | 60m-Dash | Finals | Female | U10, U12 & U14 (3h) |
| | | Finals | Male | U10, U12 & U14 (3h) |
| | | | | |
| 11:00am | 60m Hurdles | Timed Final | Female | U10, U12 & U14 (7h) |
| | | | Male | U10, U12 & U14 (5h) |
| | | | | |
| 11:40am | 200m | Timed Final | Female | U10, U12 & U14 (9h) |
| | | Timed Final | Male | U10, U12 & U14 (8h) |
| | | | | |
| 12:15pm | 400m | Timed Final | Female | U10, U12 & U14 (5h) |
| | | Timed Final | Male | U10, U12 & U14 (5h) |
| **AFTERNOON SESSION: U16, U18 & Open** | | | | |
| 1:45pm | 60mH | Timed Final | Female | U16, U18 & Open (2h) |
| | | | | |
| 2:00pm | 1,000m-Run | Timed Final | Female | U16, U18 & Open (3h) |
| | | Timed Final | Male | U16, U18 & Open (3h) |
| | | | | |
| 2:25pm | 60m-Dash | Heats (Top-6 per division) | Female | U16, U18 & Open (6h) |
| | | Heats (Top-6 per division) | Male | U16, U18 & Open (4h) |
| | | | | |
| 2:50pm | Shot-Put | Final | Female | U18 & Open |
| | | | | |

| | | | | |
|---|---|---|---|---|
| 3:25pm | 60m | Finals | Female | U16, U18 & Open (3h) |
| | | Finals | Male | U16, U18 & Open (3h) |
| | | | | |
| 3:55pm | 3,000m-Run | Timed Final | Male | U16, U18 & Open (1h) |
| | | | | |
| 3:55pm | 300m-Dash | Timed Final | Female | U16, U18 & Open (5h) |
| | | Timed Final | Male | U16, U18 & Open (5h) |
| | | | | |
| 4:25pm | High Jump | Final | Female | U16, U18 & Open |
| | | Final | Male | U16, U18 & Open |
| | | | | |
| 5:00pm | 4x400m Relay | Timed Final | Female | U16, U18 & Open |
| | | Timed Final | Male | U16, U18 & Open |
| | | | | |
| 5:20pm | 4x200m Relay | Timed Final | Female | U16, U18 & Open |
| | | Timed Final | Male | U16, U18 & Open |
| *****VENUE CLEAN-UP***** | | | | |