



APPENDIX A - WOSSAA TRACK & FIELD SCHEDULE (as of March 2026)

DAY 1

TRACK EVENTS		FIELD EVENTS	
9:30 AM	Open Girls 2000m Steeplechase (30") 1 heat - Timed Final	9:30 AM	Novice Girls Long Jump Senior Girls High Jump Novice Boys Shot Put Junior Boys Discus Junior Boys Pole Vault Senior Boys Javelin Senior Boys Triple Jump *Boys Para Shot Put (4kg)
9:50 AM	Novice Girls 80m hurdles (30") Heats Junior Girls 80m hurdles (30") Heats Senior Girls 100m hurdles (30") Heats		
10:05 AM	Novice Boys 100m hurdles (33") Heats Junior Boys 100m hurdles (36") Heats Senior Boys 110m hurdles (36") Heats		
10:30 AM	Open Boys 2000m Steeplechase (36") 1 heat - Timed Final		
10:45 AM	Novice Girls 400m Heats - Timed Finals Junior Girls 400m Heats - Timed Finals Senior Girls 400m Heats - Timed Finals Novice Boys 400m Heats - Timed Finals Junior Boys 400m Heats - Timed Finals Senior Boys 400m Heats - Timed Finals Wheelchair 400m	11:00 AM	Novice Girls Shot Put Novice Girls High Jump Junior Girls Discus Junior Girls Pole Vault Senior Girls Javelin Novice Boys Long Jump Junior Boys Triple Jump *Girls Para Shot Put (3kg)
11:45 AM	Novice Girls 100m Heats Junior Girls 100m Heats Senior Girls 100m Heats Novice Boys 100m Heats Junior Boys 100m Heats Senior Boys 100m Heats		
Track Officials Break			
1:00 PM	Senior Boys 110m hurdles (36") Final Junior Boys 100m hurdles (33") Final Novice Boys 100m hurdles (33") Final Senior Girls 100m hurdles (30") Final Junior Girls 80m hurdles (30") Final Novice Girls 80m hurdles (30") Final	1:00 PM	Junior Girls Long Jump Senior Girls Triple Jump Novice Boys Javelin Novice Boys Pole Vault Junior Boys Shot Put Senior Boys Discus Senior Boys High Jump
1:40 PM	Novice Boys 1500m Final Junior Boys 1500m Final Senior Boys 1500m Final		
2:10 PM	*Ambulatory, Visually Impaired and Intellectual Disability Girls 100m Final *Ambulatory, Visually Impaired and Intellectual Disability Boys 100m Final Novice Girls 100m Final Junior Girls 100m Final Senior Girls 100m Final Novice Boys 100m Final Junior Boys 100m Final Senior Boys 100m Final		
2:45 PM	Novice Girls 1500m Final Junior Girls 1500m Final Senior Girls 1500m Final		
3:15 PM	Novice Girls 4x100m Heats - Timed Finals Junior Girls 4x100m Heats - Timed Finals Senior Girls 4x100m Heats - Timed Finals Novice Boys 4x100m Heats - Timed Finals Junior Boys 4x100m Heats - Timed Finals Senior Boys 4x100m Heats - Timed Finals		



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DAY 2

TRACK EVENTS		FIELD EVENTS	
9:30 AM	Senior Boys 400m Hurdles (36") Heats - Timed Finals Junior Boys 300m Hurdles (33") Heats - Timed Finals Novice Boys 300m Hurdles (33") Heats - Timed Finals Novice Girls 300m Hurdles (30") Heats - Timed Finals Junior Girls 300m Hurdles (30") Heats - Timed Finals Senior Girls 400m Hurdles (30") Heats - Timed Finals	9:30 AM	Novice Girls Javelin Junior Girls Shot Put Junior Girls Triple Jump Senior Girls Discus Senior Girls Pole Vault Novice Boys High Jump Junior Boys Long Jump
10:15 AM	Senior Girls 3000m Final Senior Boys 3000m Final		
10:45 AM	Novice Girls 200m Heats Junior Girls 200m Heats Senior Girls 200m Heats Novice Boys 200m Heats Junior Boys 200m Heats Senior Boys 200m Heats	11:00 AM	Novice Girls Triple Jump Senior Girls Long Jump Novice Boys Discus Junior Boys Javelin Junior Boys High Jump Senior Boys Shot Put Senior Boys Pole Vault
11:30 AM	*Visually Impaired Girls 800m Final *Ambulatory Girls 800m Final *Intellectual Disability Girls 800m Final Novice Girls 800m Heats - Timed Finals Junior Girls 800m Heats - Timed Finals Senior Girls 800m Heats - Timed Finals *Visually Impaired Boys 800m Final *Ambulatory Boys 800m Final *Intellectual Disability Boys 800m Final Novice Boys 800m Heats - Timed Finals Junior Boys 800m Heats - Timed Finals Senior Boys 800m Heats - Timed Finals		
Track Officials Break			
1:00 PM	Novice Girls 200m Final Junior Girls 200m Final Senior Girls 200m Final *Wheelchair Girls 200m Final Novice Boys 200m Final Junior Boys 200m Final Senior Boys 200m Final Wheelchair Boys 200m Final	1:00 PM	Novice Girls Discus Novice Girls Pole Vault Junior Girls Javelin Junior Girls High Jump Senior Girls Shot Put Novice Boys Triple Jump Senior Boys Long Jump
1:30 PM	Junior Girls 3000m Final Junior Boys 3000m Final Novice Girls 3000m Final Novice Boys 3000m Final		
2:30 PM	Open Mixed 4x400m Relay Heats - Timed Finals Open Girls 4x400m Relay Heats - Timed Finals Open Boys 4x400m Relay Heats - Timed Finals		