



SWOSSAA TRACK AND FIELD CHAMPIONSHIPS
WEDNESDAY MAY 21, 2025
SANDWICH SECONDARY SCHOOL



Time	Event	TRACK		Athletes	Time	FIELD		Athletes
		Round				Event		
11:45				COACHES MEETING (INFIELD)				
12:00	F 2000m SC Open	30"	F		12:00	F LJ Novice		
	M 2000m SC Open	36"	F			M SP Novice		
12:30	F 80mH Novice	30"	H			F TJ Junior		
	F 80mH Junior	30"	H			M DT Junior		
	F 100mH Senior	30"	H			F HJ Senior		
	M 100mH Novice	33"	H			M JT Senior		
	M 100mH Junior	36"	H					
	M 110mH Senior	36"	H					
1:10	F 100m Novice		H		1:15	FIELD OFFICIALS LUNCH		
	M 100m Novice		H					
	F 100m Junior		H					
	M 100m Junior		H					
	F 100m Senior		H					
	M 100m Senior		H					
1:40	F 400m Novice		TF		2:00	F SP Novice		
	M 400m Novice		TF			M LJ Novice		
	F 400m Junior		TF			F DT Junior		
	M 400m Junior		TF			M TJ Junior		
	F 400m Senior		TF			F JT Senior		
	M 400m Senior		TF			M HJ Senior		
2:10	TRACK OFFICIALS LUNCH							
2:45	F 80mH Novice	30"	F					
	F 80mH Junior	30"	F					
	F 100mH Senior	30"	F					
	M 100mH Novice	33"	F					
	M 100mH Junior	36"	F					
	M 110mH Senior	36"	F					
3:15	F/M 100m Amb		F		3:30	F HJ Novice		
	F/M 100m Int.		F			M JT Novice		
	F/M 100m Vis		F			F LJ Junior		
	F 100m Novice		F			M SP Junior		
	M 100m Novice		F			F TJ Senior		
	F 100m Junior		F			M DT Senior		
	M 100m Junior		F					
	F 100m Senior		F					
3:45	M 100m Senior		F					
	F 1500m Novice		F					
	M 1500m Novice		F					
	F 1500m Junior		F					
	M 1500m Junior		F					
	F 1500m Senior		F					
4:30	M 1500m Senior		F					
	F 4x100m Novice		TF					
	M 4x100m Novce		TF					
	F 4x100m Junior		TF					
	M 4x100m Junior		TF					
	F 4x100m Senior		TF					
	M 4x100m Senior		TF					



SWOSSAA TRACK AND FIELD CHAMPIONSHIPS
THURSDAY MAY 22, 2025
SANDWICH SECONDARY SCHOOL



TRACK

FIELD

Time	Event #	Event	Round	Athletes	Time	Event #	Event	Athletes
12:00		F 200m Senior	H		12:00		F JT Novice	
		M 200m Senior	H				M HJ Novice	
		F 200m Junior	H				F SP Junior	
		M 200m Junior	H				M LJ Junior	
		F 200m Novice	H				F DT Senior	
		M 200m Novice	H				M TJ Senior	
12:30		F 800m Senior	F					
		M 800m Senior	F					
		F 800m Junior	F					
		M 800m Junior	F					
		F 800m Novice	F					
		M 800m Novice	F		1:15		FIELD OFFICIALS LUNCH	
		F/M 800m Amb	F					
		F/M 800m Int.	F					
		F/M 800m Visual	F					
1:30		M 400mH Senior	36"	TF	2:00		F TJ Novice	
		F 400mH Senior	30"	TF			M DT Novice	
		F 300mH Junior	30"	TF			F HJ Junior	
		F 300mH Novice	30"	TF			M JT Junior	
		M 300mH Junior	33"	TF			F LJ Senior	
		M 300mH Novice	33"	TF			M SP Senior	
2:10		TRACK OFFICIALS LUNCH					PARA Shot Put (2nd pit)	
2:45		F 200m Senior	F					
		M 200m Senior	F					
		F 200m Junior	F					
		M 200m Junior	F					
		F 200m Novice	F					
		M 200m Novice	F					
3:05		F 3000m Senior	F		3:30		F DT Novice	
		M 3000m Senior	F				M TJ Novice	
		F 3000m Junior	F				F JT Junior	
		M 3000m Junior	F				M HJ Junior	
		F 3000m Novice	F				F SP Senior	
		M 3000m Novice	F				M LJ Senior	
4:30		OG 4 x 400m	F					
				Individual Awards Presentation				
4:40		OB 4x400m	F					
				Team Awards Presentation				

N - Novice J - Junior S - Senior OG - Open Girls OB - Open Boys Amb - Ambulatory Int - Intellectual Visual - Visually Impaired

H - HEAT

F - FINAL

T/F- TIMED FINAL

Heat to Final Qualification - Top 3 in heat plus 2 fastest times

Field Event Final Qualification - Top 8 after three rounds will have 3 more attempts

Top 5 finishers will qualify for OFSAA West Region