



SWOSSAA TRACK AND FIELD CHAMPIONSHIPS
WEDNESDAY MAY 22, 2024
CHATHAM KENT SECONDARY SCHOOL



TRACK

FIELD

Time	Event	Round	Athletes	Time	Event	Athletes
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	M 100m Int.					
	F 100m Novice		H			
	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			
	M 400m Novice		TF			
	F 400m Junior		TF	2:00	F SP Novice	
	M 400m Junior		TF		M LJ Novice	
	F 400m Senior		TF		F DT Junior	
	M 400m Senior		TF		M TJ Junior	
					F JT Senior	
					M HJ Senior	
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			
	F/M 100m Int.		F			
	F/M 100m Vis		F			
	F 100m Novice		F			
	M 100m Novice		F	3:30	F HJ Novice	
	F 100m Junior		F		M JT Novice	
	M 100m Junior		F		F LJ Junior	
	F 100m Senior		F		M SP Junior	
	M 100m Senior		F		F TJ Senior	
					M DT Senior	
3:45	F 1500m Novice		F			
	M 1500m Novice		F			
	F 1500m Junior		F			
	M 1500m Junior		F			
	F 1500m Senior		F			
	M 1500m Senior		F			
4:30	F 4x100m Novice		TF			
	M 4x100m Novice		TF			
	F 4x100m Junior		TF			
	M 4x100m Junior		TF			
	F 4x100m Senior		TF			
	M 4x100m Senior		TF			



SWOSSAA TRACK AND FIELD CHAMPIONSHIPS
THURSDAY MAY 23, 2024
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					
		F/M 800m Amb	F					
		F/M 800m Int.	F					
		F/M 800m Visual	F					
1:30		M 400mH Senior	36"	TF				
		F 400mH Senior	30"	TF	1:45		F TJ Novice	
		F 300mH Junior	30"	TF			M DT Novice	
		F 300mH Novice	30"	TF			F HJ Junior	
		M 300mH Junior	33"	TF			M JT Junior	
		M 300mH Novice	33"	TF			F LJ Senior	
							M SP Senior	
2:45		F 200m Senior	F					
		M 200m Senior	F		2:55		PARA Shot Put	
		F 200m Junior	F					
		M 200m Junior	F					
		F 200m Novice	F					
		M 200m Novice	F					
3:05		F 3000m Senior	F					
		M 3000m Senior	F		3:15		F DTNovice	
		F 3000m Junior	F				M TJ Novice	
		M 3000m Junior	F				F JT Junior	
		F 3000m Novice	F				M HJ Junior	
		M 3000m Novice	F				F SP Senior	
							M LJ Senior	
4:30		OG 4 x 400m	F					
4:40		OB 4x400m	F					

Individual Awards Presentation

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 6 finishers will qualify for OFSAA West Region