

OIA Last Chance Track & Field Qualifying Meet

Time Schedule

Coaches Meeting 2:30

Field Events 3:00

Long Jump Girls followed by Boys (Triple Jump 5:00)

High Jump Boys followed by Girls

Pole Vault Girls followed by Boys

Shot Put Girls followed by Boys

Discus Boys followed by Girls

Running Events 4:00

4:00 Girls 100m High Hurdles

4:15 Boys 110m High Hurdles

4:30 Girls 100m Dash

4:45 Boys 100m Dash

5:00 Girls 1500m Run

5:10 Boys 1500m Run

5:20 Girls 4x100m Relay

5:25 Boys 4x100m Relay

5:30 Girls 400m Dash

5:45 Boys 400m Dash

6:00 Girls 300m Low Hurdles

6:15 Boys 300m Int. Hurdles

6:30 Girls 800m Run

6:45 Boys 800m Run

7:00 Girls 200m Dash

7:15 Boys 200m Dash

7:30 Girls 3000m Run

7:45 Boys 3000m Run

8:00 Girls 4x400m Relay

8:10 Boys 4x400m Relay