

OIA TRACK & FIELD CHAMPIONSHIPS

Order of Field Events for Odd Years. 2019, 2021, 2023

<u>TRIALS</u>	<u>FINALS</u>	<u>EVENTS</u>
3:00	3:15	Coaches' Meeting
3:45	N/A	Pole Vault (Girls Finals only on Thursday)
N/A	4:00	Pole Vault (Boys Finals only on Saturday)
3:45	4:00	Discus (Boys first, girls to follow)
3:45	N/A	High Jump (Boys Finals only on Thursday)
N/A	4:00	High Jump (Girls Finals only on Saturday)
3:45	N/A	Long Jump (Girls first, boys to follow on Thursday)
N/A	4:00	Long Jump (Boys first, girls to follow on Saturday)
3:45	4:00	Shot Put (Girls first, boys to follow)
		Triple Jump (Girls first, boys to follow on Thursday)
		Triple Jump (Boys first, girls to follow on Saturday)

Order of Running Events.

5:00	5:30	100 Meter High Hurdles
5:15	5:40	110 Meter High Hurdles
5:30	5:50	100 Meter Dash Girls
5:40	5:55	100 Meter Dash Boys
5:50	6:00	1500 Meter Run Girls
6:05	6:10	1500 Meter Run Boys
6:20	6:20	4 X100 Meter Relay Girls
6:30	6:25	4 X100 Meter Relay Boys
6:40	6:30	400 Meter Dash Girls
6:50	6:35	400 Meter Dash Boys
7:05	6:45	300 Meter Low Hurdles
7:20	6:50	300 Intermediate Hurdles
7:40	7:00	800 Meter Run Girls
7:50	7:05	800 Meter Run Boys
8:00	7:10	200 Meter Dash Girls
8:15	7:15	200 Meter Dash Boys
N/A	7:20	3000 Meter Run Girls
N/A	7:35	3000 Meter Run Boys
8:25	7:50	4 X400 Meter Relay Girls
8:35	7:55	4 X400 Meter Relay Boys
	8:15	Team Scores and Awards