

2026 OIA VARSITY CHAMPIONSHIP MEET

TRIALS CALL SHEET - THURSDAY, MAY 7, 2026

COACHES MEETING 1:45 PM

Implementation Certification will be available to any athlete up to one-half hour prior to the start of the event:

Field Events	Order	1st Call	Last Call	Event Start
Implementation Certification	All		2:00 PM	
Discus	Girls	2:15 PM	2:20 PM	2:30 PM
Implementation Certification	All		2:50 PM	
Shot Put	Boys	3:15 PM	3:20 PM	3:30 PM
Long Jump	Boys	3:15 PM	3:20 PM	3:30 PM
Triple Jump	Girls	Will begin immediately following LJ		
High Jump	Girls	3:15 PM	3:20 PM	3:30 PM
Pole Vault	Boys	3:15 PM	3:20 PM	3:30 PM
Running Events	Order	1st Call	Last Call	Event Start
Spike Certification			3:00 PM	
4x800m Relay	Girls	3:15 PM	3:20 PM	3:30 PM
	Boys	3:45 PM	3:50 PM	4:00 PM
<i>10-Minute Warm-up Both Genders - Girls Lanes 1-4 & Boys Lanes 5-8</i>				
100m High Hurdles	Girls	4:45 PM	4:50 PM	5:00 PM
110m High Hurdles	Boys	4:55 PM	5:00 PM	5:10 PM
100m Dash	Girls	5:05 PM	5:10 PM	5:20 PM
	Boys	5:15 PM	5:20 PM	5:30 PM
1500m Run	Girls	5:25 PM	5:30 PM	5:40 PM
	Boys	5:40 PM	5:45 PM	5:55 PM
4x100m Relay	Girls	6:00 PM	6:05 PM	6:15 PM
	Boys	6:10 PM	6:15 PM	6:25 PM
400m Dash	Girls	6:20 PM	6:25 PM	6:35 PM
	Boys	6:30 PM	6:35 PM	6:45 PM
300m Hurdles	Girls	6:45 PM	6:50 PM	7:00 PM
	Boys	6:55 PM	7:00 PM	7:10 PM
800m Run	Girls	7:05 PM	7:10 PM	7:20 PM
	Boys	7:15 PM	7:20 PM	7:30 PM
200m Dash	Girls	7:30 PM	7:35 PM	7:45 PM
	Boys	7:35 PM	7:40 PM	7:50 PM
3000m Run	Girls	N/A	N/A	N/A
	Boys	N/A	N/A	N/A
4x400m Relay	Girls	7:55 PM	8:00 PM	8:10 PM
	Boys	8:05 PM	8:10 PM	8:20 PM