

OFSAA WEST REGIONAL FIELD SCHEDULE 2010 – U. OF WINDSOR

DAY 1 – FRIDAY, MAY 28, 2010

- 4:00 pm            Midget Girls Long Jump  
                      Junior Girls Triple Jump  
                      Senior Girls High Jump  
                      Midget Boys Shot Put  
                      Midget Boys Pole Vault  
                      Junior Boys Discus  
                      Senior Boys Javelin
- 5:30                Midget Girls Shot Put  
                      Junior Girls Discus  
                      Senior Girls Javelin  
                      Midget Boys Long Jump  
                      Junior Boys Triple Jump  
                      Senior Boys High Jump
- 6:00                Midget/Junior Girls Pole Vault

DAY 2 – SATURDAY, MAY 29, 2010

- 10:00 am           Midget Girls High Jump  
                      Junior Girls Long Jump  
                      Senior Girls Triple Jump  
                      Midget Boys Javelin  
                      Junior Boys Shot Put  
                      Junior Boys Pole Vault  
                      Senior Boys Discus
- 11:30               Midget Girls Javelin  
                      Junior Girls Shot Put  
                      Senior Girls Discus  
                      Midget Boys High Jump  
                      Junior Boys Long Jump  
                      Senior Boys Triple Jump
- 12:15 pm           Senior Boys Pole Vault

1:15 Midget Girls Triple Jump  
Junior Girls High Jump  
Senior Girls Long Jump  
Midget Boys Discus  
Junior Boys Javelin  
Senior Boys Shot Put

2:45 Midget Girls Discus  
Junior Girls Javelin  
Senior Girls Shot Put  
Senior Girls Pole Vault  
Midget Boys Triple Jump  
Junior Boys High Jump  
Senior Boys long Jump

OFSAA WEST REGIONAL TRACK SCHEDULE 2010– U. OF WINDSOR

DAY 1 – FRIDAY, MAY 28, 2010

3:45 pm Open Girls 1500 m Steeplechase  
Open Boys 2000 m Steeplechase

4:10 Midget Girls 80 m Hurdles 2 heats  
Junior Girls 80 m Hurdles 2 heats  
Senior Girls 100 m Hurdles 2 heats  
Midget Boys 100 m Hurdles 2 heats  
Junior Boys 100 m Hurdles 2 heats  
Senior Boys 110 m Hurdles 2 heats

5:05 Midget Girls 1500 m Final  
Midget Boys 1500 m Final

5:19 Midget Girls 400 m Timed Final  
Midget Boys 400 m Timed Final  
Junior Girls 400 m Timed Final  
Junior Boys 400 m Timed Final  
Senior Girls 400 m Timed Final  
Senior Boys 400 m Timed Final

6:07 Junior Girls 1500 m Final  
Junior Boys 1500 m Final

6:21 Midget Girls 80 m Hurdles Final  
 Junior Girls 80 m Hurdles Final  
 Senior Girls 100 m Hurdles Final  
 Midget Boys 100 m Hurdles Final  
 Junior Boys 100 m Hurdles Final  
 Senior Boys 100 m Hurdles Final

6:55 Senior Girls 1500 m Final  
 Senior Boys 1500 m Final

7:20 Midget Girls 4 x 100 Relay Timed Final  
 Midget Boys 4 x 100 Relay Timed Final  
 Junior Girls 4 x 100 Relay Timed Final  
 Junior Boys 4 x 100 Relay Timed Final  
 Senior Girls 4 x 100 Relay Timed Final  
 Senior Boys 4 x 100 Relay Timed Final

DAY 2 – SATURDAY, MAY 29, 2010

9:30 am Midget Girls 100 m 2 heats  
 Midget Boys 100 m 2 heats  
 Junior Girls 100 m 2 heats  
 Junior Boys 100 m 2 heats  
 Senior Girls 100 m 2 heats  
 Senior Boys 100 m 2 heats

10:00 Senior Girls 3000 m Final  
 Senior Boys 3000 m Final

10:30 Wheelchair Men 1500 m Final  
 Blind Men 1500 m Final

11:00 Midget Girls 200 m 2 heats  
 Midget Boys 200 m 2 heats  
 Junior Girls 200 m 2 heats  
 Junior Boys 200 m 2 heats  
 Senior Girls 200 m 2 heats  
 Senior Boys 200 m 2 heats

\*\*\*\*\*TRACK BREAK\*\*\*\*\*

1:00 pm	Open Girls 100 m Ambulatory Final Open Boys 100 m Ambulatory Final Midget Girls 100 m Final Midget Boys 100 m Final Junior Girls 100 m Final Junior Boys 100 m Final Senior Girls 100 m Final Senior Boys 100 m Final
1:30	Midget Girls 300 m Hurdles Timed Final Junior Girls 300 m Hurdles Timed Final Senior Girls 400 m Hurdles Timed Final Midget Boys 300 m Hurdles Timed Final Junior Boys 300 m Hurdles Timed Final Senior Boys 400 m Hurdles Timed Final
2:30	Junior Girls 3000 m Final Junior Boys 3000 m Final
3:00	Midget Girls 800 m Final Midget Boys 800 m Final Junior Girls 800 m Final Junior Boys 800 m Final Senior Girls 800 m Final Senior Boys 800 m Final Wheelchair Girls 800 m Final Blind Girls 800 m Final
3:50	Senior Girls 200 m Final Senior Boys 200 m Final Junior Girls 200 m Final Junior Boys 200 m Final Midget Girls 200 m Final Midget Boys 200 m Final
4:15	Midget Girls 3000 m Final Midget Boys 3000 m Final
4:45	Open Girls 4 x 400 Relay Timed Final Open Boys 4 x 400 Relay Timed Final