



OFSAA TRACK AND FIELD SCHEDULE 2026

*Revised
4/9/2026*

Niagara Olympic Track - 130 Louth St, St. Catharines, ON L2S 2T8

Day 1 - Thursday, June 4, 2026


Track				Field		
TIME	EVENT	DIVISION	HEAT/FINAL	TIME	EVENT	DIVISION
3:00	Steeplechase 2000m	OG OB	Heats	3:00	Pole Vault Shot Put	NB NG
3:45	400m	NG NB JG JB SG SB	Heats	3:15	Javelin	SB
4:45	1500m	NG NB JG JB SG SB	Heats	3:30	High Jump Long Jump	SG NG
6:15	4 X 100m Relay	NG NB JG JB SG SB	Heats	3:45	Triple Jump Discus	JG JB
				4:30	Shot Put	NB

Day 2 - Friday, June 5, 2026

Track				Field		
TIME	EVENT	DIVISION	HEAT/FINAL	TIME	EVENT	DIVISION
9:00	Sprint Hurdles	NG JG SG NB JB SB	Heats	9:15	Discus High Jump Shot Put	JG SB IIG/IIB
10:15	100m	NG NB JG JB SG SB	Heats			
11:15	100m	VIG VIB AMBG AMBB IIG IIB	Heats *≤8 straight to Final	9:30	Pole Vault Javelin Long Jump	NG SG NB
12:30	Opening Ceremonies			9:45	Triple Jump	JB
1:00	Steeplechase 2000m	OG OB	Finals	11:00	Shot Put	AmbG /AmbB
1:30	Sprint Hurdles	NG JG SG NB JB SB	Finals	12:00	Javelin Long Jump	NB JG
2:00	100m	NG NB JG JB SG SB	Finals	12:15	Shot Put High Jump	JB /VIG/VIB NG
2:30	100m	VIG VIB AMBG AMBB IIG IIB	Finals *≤8 straight to Final	12:30	Pole Vault Discus Triple Jump	JB SB SG
3:00	400m	NG NB JG JB SG SB	Finals	2:00	Shot Put Javelin Long Jump	WCG/WCB NG JB

3:30	1500m	NG NB JG JB SG SB	Finals	2:15	High Jump Shot Put	NB JG
4:30	4 X 100m Relay	*SG SB JG JB NG NB	Finals	2:30	Triple Jump Discus	SB SG
5:15	4 X 400m Relay	Mixed OG OB	Heats	3:00	Pole Vault	SG

Day 3 - Saturday, June 6, 2026

Track				Field		
TIME	EVENT	DIVISION	HEAT/FINAL	TIME	EVENT	DIVISION
9:00	Intermediate Hurdles	NG JG SG NB JB SB	Heats	9:15	High Jump Javelin	JG JB
10:15	800m	*SG SB JG JB NG NB	Heats	9:30	Discus Triple Jump	NB NG
11:10	800m	VIG VIB AMBG AMBB IIG IIB	Heats	9:45	Long Jump Shot Put Pole Vault	SG SB JG
12:00	200m	WCG WCB SG SB JG JB NG NB	Heats *8 or less- straight to Final	12:30	Pole Vault	SB
1:30	Intermediate Hurdles	NG JG SG NB JB SB	Finals	12:45	High Jump Javelin	JB JG
2:00	3000m	SG SB	Finals	1:00	Discus Triple Jump	NG NB
2:30	800m	*SG SB JG JB NG NB	Finals	1:30	Shot Put Long Jump	SG SB
3:00	800m	VIG VIB AmbG AmbB IIG IIB	Finals *8 or less- straight to Final			
3:30	3000m	JG JB	Finals			
4:00	200m	WCG WCB *SG SB JG JB NG NB	Finals			
4:30	3000m	NG NB	Finals			
5:00	4 X 400m Relay	Mixed OG OB	Finals			
5:30	Team Award Presentation					