

OFSAA CO-EDUCATIONAL TRACK AND FIELD CHAMPIONSHIP

The sole basis for the very existence of high school sport is the contribution it makes to the general educational experience of those students who participate.

PLAYING REGULATIONS**1. Events and Classifications:**

a. Competition shall be conducted in three (3) age classifications:

- SENIOR: the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.
- JUNIOR: the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.
- NOVICE: the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only in Grade 9.

b. Events**i. Girls' Events -Novice, Junior, Senior:**

100 metres	200 metres
400 metres	4 x 100 metre Relays
800 metres	High Jump
1500 metres	Pole Vault
3000 metres	Long Jump
80 metre hurdles	Triple Jump
(Novice & Junior 30")	Discus - 1 kg
100 metre hurdles	Shot – 3 kg
(Senior 30")	(Novice & Junior)
300 metre hurdles	Shot – 4 kg
(Novice & Junior 30")	(Senior)
400 metre hurdles	Javelin – (600gm)
(Senior 30")	

ii. Boys' Events - Novice, Junior, Senior:

100 metres	High Jump
200 metres	Pole Vault
400 metres	Long Jump
800 metres	Triple Jump
1500 metres	Shot: Novice/Junior - 4 kg (8 lb.,13 oz.)
3000 metres	Senior - 5.443 kg (12 lb.)
100 metre hurdles	Discus: Novice/Junior - 1 kg

(Novice 33"/Junior 36")

110 metre hurdles

(Senior 36")

300 metre hurdles

(Novice & Junior 33")

400 metre hurdles (Senior 36")

4 x 100 metre Relays

Senior - 1.60 kg

Javelin: Novice/Junior - 600 gm

Senior - 800 gm

iii. Open Events

Open Girls 2000m Steeplechase (30")

Open Boys 2000m Steeplechase (36")

Open Girls 1600m Relay

Open Boys 1600m Relay

iv. Para Division & Physical and Intellectual Disabilities

a Chart # 1 - Classifications

Key: T = Track Events F = Field Events

Athletes with A Visual Impairment

T/F 11 – Blind

T/F 12 – Very Limited Vision

T/F 13 – Limited Vision

Athletes with an Intellectual Impairment

T/F 20 – IQ at or below 75

Athletes with Cerebral Palsy

F 32; F 33; T/F 34 – Wheelchair Athletes

T/F 35; T/F 36; T/F 37; T/F 38 – Ambulatory Athletes

Athletes with an amputation & Les Autres

F 40 & F 41 – Dwarfs

T/F 42; T/F 43; T/F 44 – Leg Amputees

T/F 45; T/F 46; T/F 47 – Arm Amputees

Athletes in a wheelchair

T/F 51; T/F 52 – Quadriplegic

T/F 53; T/F 54 – Paraplegic

F 55; F56; F 57; F58 – Seated Throwing (various disabilities)

b. Chart # 2 – Para Track & Field

Race	Divisions	Classification – (Chart # 1)
100m	Visually Impaired	T/F 11, 12, & 13
100m	Intellectually Impaired	T/F 20
100m	Ambulatory	T/F 35 – 38 & 40 - 47

Race	Division	Classification– (Chart # 1)
200m	Wheelchair	T/F 34 & 51 - 54

Race	Division	Classification (Chart # 1)
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Race	Division	Classification- (Chart # 1)
800m	Visually Impaired	T/F 11,12,13
800m	Ambulatory	T/F 35 – 38 & 40- 46
800m	Intellectually Impaired	T/F 20

- c. 1. In all Para Track Events that require lane assignments, semi-final heats will be scheduled and seeded accordingly in order to advance to the final.
2. Where there are eight (8) or fewer competitors registered in total, this semi-final race will be run as a time sectioned final at that time.
3. In the event that two (2) or more heats have been seeded for the semi- finals, and eight (8) or fewer athletes show up for the event, the convenor of the meet and track referee may combine the heats of the semi-finals and run that race as a time Section Final at that athletes and coaches shall be notified prior to the start of the race.
- d. Note: In visually impaired events, there will be an allowance for an athlete who requires a guide (thus two lanes).
- e. Para shot put will be offered to both the wheelchair and ambulatory categories of Para Athletics. (Girls' SP is 3 kg, Boys' SP is 4kg)

2. Championship Structure and Procedures:

- a.
 - i. The meet shall be conducted over two and a half (2½) days.
 - ii. Events will begin on Thursday no earlier than 3:00 p.m. and will begin no earlier than 8:30 a.m. on Friday and Saturday. [Schedule can be found in the Sport Specific Directives – Track and Field]
 - iii. Regional Meet schedules should approximate the OFSAA Championship schedule.
- b. Registration materials will be given to the teacher accompanying the athletes upon receipt of the required entry materials as outlined on the OFSAA Track and Field website.
- c. The teacher-coach/supervisor must attend the coaches' meeting if one is held. If the coach is a non-teacher, both the teacher-supervisor and the coach must attend.

3. Entry:

- a. Entries for the OFSAA Championship will be accepted from Regional convenors or designates only.
- b. Entries must be received by the convenor by the deadline date as indicated in the coaches' information package on the OFSAA Track and Field website. Late entries will only be accepted if they can be accommodated, and an additional entry fee will be charged.
- c. Associations shall be divided into Regions for qualification to the OFSAA Championship as follows:
 - Central - GBSSA, LOSSA, YRAA
 - East - COSSA, EOSSAA, NCSSAA
 - Metro - TDCAA, TDSSAA, CISAA
 - North - NEOAA, NOSSA, NWOSSAA
 - South - GHAC, ROPSSAA, SOSSA
 - West - CWOSSA, SWOSSAA, WOSSAA
- d. To qualify for the OFSAA Regional meets a competitor or relay team must have participated successfully in that event at the Association meet.
- e. Each Region shall be entitled to a maximum of four (4) entries per event in the OFSAA Track and Field Championship. If the number of participants for the latter is less than the maximum as the result of an incomplete entry from any of the Regional meets, the host Association may fill the vacancy (ies) according to the official results of its Regional meet.
- f. A competitor may enter any three (3) individual events in the same age class or open class. In addition, a competitor may enter one (1) open relay and one (1) age-class relay provided he/she is not over-age for the age-class relay in which he/she is competing (e.g. a 16-year old may compete in the junior or senior relays).
- g. Schools shall be limited to one relay team per event at Regional meets and the OFSAA Championship. When entering a relay team from the regionals to the OFSAA Championship, a coach may enter a maximum of six competitors.
- h. Any suspensions or disciplinary actions in Association play shall be carried forward into OFSAA competitions. The Association convenor shall be responsible for reporting such players and the nature of the disciplinary action on the OFSAA entry form.

4. Expenses:

- a. Those schools having entries are responsible for their entry fee, arranging and financing their own travel, meals and accommodation for the event.
- b. All schools entering a Federation Championship/Festival shall, by signature of the school principal on the entry form, acknowledge responsibility for making restitution for any damage resulting from misconduct by participants.

5. Eligibility:**a. School/Team Eligibility**

To represent a school in any activity coordinated by the Federation, a school/team must:

- i. Conduct a 'bona fide' high school program consisting of a minimum of sixteen (16)

practices during the school season (March-June) under the supervision of a teacher as certified by the school principal.

- ii. Participate in the Association Championship and Regional qualifier (North Region exempt). **If a Region is unable to hold their meet due to unforeseen circumstances, the Associations that make up the region shall determine their entries, based on agreed-upon standards.**

In accordance with Rowan's Law, have all coaches and trainers confirm in writing on the OFSAA form provided, that they have reviewed the concussion awareness resource and OFSAA Concussion Code of Conduct within the previous twelve (12) months.

b. Individual Student Eligibility

To represent a school in any activity co-ordinated by the Federation a student must:

- i. Be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which his/her school belongs.
- ii. Be certified as eligible by the Principal of the school.
- iii. Meet the age requirements as listed in Section 3.
- iv. Be in Grades 9-12.
- v. Be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f)).
- vi. Be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g)).
- vii. Para athletes with a S14 classification are permitted to compete until the age of twenty-one (21) and shall be eligible for no more than seven (7) consecutive years from the date of entry into Grade 9.
- viii. Have signed the Rules of Behaviour signature form for the competition.
- ix. In accordance with Rowan's Law, confirm in writing on the OFSAA form provided, that they and their parent/guardian (if student is under 18 years of age) have reviewed the concussion awareness resource and OFSAA Concussion Code of Conduct within the previous twelve (12) months.
- x. Have participated as a member of a bona fide high school program as outlined in (a)above during the school season (March to June), at a location where the majority of their high school practices are held coach as certified by the school.
- xi. Have participated in the Association and Regional qualifying meets.
- xii. Have not participated in both the OFSAA Championship in that same sport on the same day.

6. Rules and Officials:

- a. In order to clarify rules of competition the following order of interpretation will be used:
 - i. OFSAA Rules;
 - ii. **World Athletics Handbook.**
- b. An athlete who does not use starting blocks must use a four-point stance in the individual event races that begin and end in lanes: Sprint Hurdles; Intermediate Hurdles, 100m, 200m, 400m.
In both relay events, the initial athlete who does not use starting blocks must use a four-point stance.

- c. The false start rule is as follows:
 - i. The first false start will be charged to the field. The second false start and subsequent false starts will be charged against the athlete(s) making a false start.
- d. Athletes who **scratch** from a final event after qualifying in a heat shall be **ineligible** to compete for the remainder of the day in any other events including relays.
- e. **Steeplechase Races:**
 - i. The standard distance shall be 2000m.
 - ii. There shall be eighteen (18) hurdle jumps and five (5) water jumps included in the 2000m event.
 - iii. For the steeplechase events, there shall be five (5) jumps in each lap once the finish line has been passed with the water jump as the fourth. The jumps shall be evenly distributed, so that the distance between the jumps is approximately one fifth the distance of each lap.
 - iv. The placement of the steeples and the position of the starting line will vary depending on the location of the water jump. If the water jump is on the inside of the track each lap will be approximately 390m - 395m depending on the arc of the track. If the water jump is on the outside of the track, each lap constitutes approximately 420m depending on the arc of the track.
 - v. The first hurdle in the 2000m event will be H3. Hurdles are numbered from the finish line whereas the water jump is H4.
 - vi. Each athlete shall go over or through the water. An athlete shall be disqualified, if he/she:
 - 1. Does not jump any hurdle
 - 2. Steps on the one side or other of the water jump, or
 - 3. Trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance.

f. Starts in Distance Races

- i. In 800m:
 - 6 Lane Track - a box start shall be used in the heats and final.
 - 8 Lane Track - a lane start shall be used in the heats and finals.
- ii. In 1500m and 2000m races, a common start shall be used in heats and finals.
- iii. For 3000m races, an alley start will be used (ie 1/3 – 2/3 split) random seeding within the 2 splits. Outside group will be fastest group (1/3 split) and the inside group will be the slowest group (2/3 split). Seed times from regional meets will be used to determine slowest to fastest.
- g. Field event athletes must report before the final trial in the third round to be eligible to compete in the event.
- h. Once officials assemble to determine the final eight in a field event, the third round is over and no further throws/jumps shall be allowed.
- i. The starting heights for high jump and pole vault shall be determined by the meet

Director based on Regional results.

- j. Infractions, whether of a technical nature or related to the behaviour of participants, shall be reported to the head referee who shall make a decision. Appeals to that decision, if of a technical nature, shall be directed to the Protest Committee.

7. Uniforms and Equipment:

a. General

- i. All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's/Association's name, colours and logos. All tops must include the school colour(s) AND (1) a school crest OR (2) school name OR (3) school nickname.
- ii. No sport club insignia on uniforms shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs.
- iii. Sponsorship recognition is permitted to be visible but must conform to the placement guidelines outlined in By-Law 6, Section 2(h). These criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies.
- iv. Student-athletes must remain fully clothed in the appropriate team uniform in the competition area AND use the designated locker room or change area to change to and from competition attire.
- v. The above criteria must be met both on and in the immediate vicinity of the competitive area and during the awards' ceremonies. Incidence of non-compliance shall be forwarded to the Protest Committee for resolution.

b. Sport Specific

- i. Competitors must compete in their school uniforms.
- ii. Athlete names be permitted on the back of the jersey provided that they are consistent – first name only, surname only, first and last name.
- iii. No nicknames will be permitted.
- iv. The tops of all four (4) relay competitors must be identical. Names on the back do not make the jerseys for relays unacceptable.
- v. Optional athletic footwear will be acceptable for grass javelin surfaces.

8. Awards:

- a. Team champions shall be declared for Novice, Junior and Senior Boys and Girls, and Overall Boys and Overall Girls. The schools represented by these championship teams shall receive an OFSAA banner to be retained by the school.
- b. OFSAA gold, silver and bronze medallions shall be presented to the first three (3) finishers in each event; ribbons to the fourth through eighth place finishers in each event.
- c. Six (6) medals/ribbons be assigned to each relay event.

9. Supervision: (Reference By-Law 6, Section 1)

A teacher is defined as a member of the Ontario College of Teachers or a holder of an Ontario Teacher's Certificate or equivalent.

- a. For team sports ("A team consists of all athletes from the same school who qualify for Federation competition as a unit..." {reference By-Law 5, Section 3}), a teacher from the same school, or a retired teacher, as approved by the principal of the school, must accompany and be responsible for the team.
- b. For individual sports (those sports in which athletes from a school qualify for federation competition as individuals), the principal of the school may designate an adult who is not a teacher to accompany the athletes. In addition, a teacher, or a retired teacher, must be present and on site and designated by the principal to be responsible for the athlete(s).
- c. For all sports, where the teacher, as indicated in (a) and (b) above, is not of the same sex as the athletes(s), and where the athlete(s) are required or might be required to stay overnight, a supervisory adult, as approved by the principal of the school, of the same sex as the athlete(s), must be present and available at the accommodation site for the duration of their stay in the accommodation.

10. Deportment: (Reference By-Law 6, Section 2)

- a. Definitions:
 - i. A team is defined as, "All participants representing the same school at an OFSAA Championship event".
 - ii. A participant is defined as, "Anyone who has been granted proper authorization to enter a restricted area. "Restricted area" includes "those areas occupied by athletes and to which access by the general public is restricted or prohibited."
- b. Codes of Behaviour
 - i. All participants are expected to abide by the, "Rules of Behaviour for Participants to OFSAA Championships". (see Appendix to By-Laws)
 - ii. Supervising adults are responsible for the behaviour of participants for the duration of the Championships.
 - iii. Teams are open to censure for failure of its participants to abide by the "Rules of Behaviour".
 - iv. All coaches are expected to adhere to the Code of Ethics for Coaches to OFSAA Championships. (See Appendix II)
 - v. School personnel and coaches are expected to adhere to the Statement of Principle on Recruiting. (See Appendix IV)
 - vi. Spectators are expected to adhere to the Code of Behaviour for Spectators. (See Appendix III)
 - vii. All coaches are expected to adhere to the "Return to Play Guidelines". (See Appendix VI)
 - viii. School personnel and coaches are expected to adhere to the Policy on dispensing

- drugs, medication and food supplements. (See Appendix IX)
- c. No artificial noisemakers are permitted at OFSAA Championship events.

11. Social

There shall be no social at the Track and Field Championship.

12. Medical:

- a. Coaches shall provide all consumable medical supplies (e.g. tape, bandaids, ice packs) for their athletes.

13. Protest Committee

All disputes during an OFSAA Championship/Festival shall be directed to the Protest Committee for resolution.

- a. The Protest Committee shall consist of three (3) individuals; the chairperson of the Sport Advisory Committee or designate, a tournament committee member, and one other member appointed by the Championship convenor. The Head official in some cases, may serve as a member of the Protest Committee. Members of the Protest Committee must not have any conflict of interest relevant to the incident under protest.
- b. All protests must be submitted in writing to the Championship convenor or designate, shall fully outline the incident under protest, and shall be accompanied by a \$50.00 fee (refundable if protest is upheld).
- c. A protest must be submitted within thirty (30) minutes of the completion of the game/event in which the incident under protest occurred, or within thirty minutes of the occurrence if protesting an incident outside the field of play.
- d. The following areas may not be protested at a Championship/Festival:
 - Officials' decisions
 - Eligibility of transfer students
- e. Any disputes or protests re: tournament structure and procedure must be addressed no later than the coaches' meeting.
- f. The Protest Committee shall be the body empowered to delay/modify/cancel an event due to unforeseen circumstances (e.g. weather conditions) at the site(s).
- g. Decisions of the Protest Committee shall be final.

A report of all appeals and decisions shall be forwarded to the OFSAA Board of Reference – Sanctions, who may determine that additional sanctions are necessary.

SPORT SPECIFIC DIRECTIVES**1. Championship Structure and Procedure**

i. The regional meets shall be on a rotational basis as follows: -

2024

Central – LOSSA	East – COSSA	Metro- Committee
North – Committee	South GHAC	West – SWOSSAA

2025

Central- YRAA	East- NCSSAA	Metro - Committee
North- Committee	South- SOSSA	West – WOSSAA

2026

Central – GBSSA	East – EOSSAA	Metro – Committee
North – Committee	South – ROPSSAA	West - CWOSSA

ii. The Track & Field Championship shall be convened by region, on a rotational basis in the order, as follows:

Metro
West
East
Central
South

Note: The North can apply to host OFSAA Track & Field. It is recommended that there be a two-year allowance for the north to apply (if the North wanted to host the 2025 championship, they would need to apply before the 2023 championship).

The Track and Field SAC will determine the actual host using this rotation and, failing to find a host from the Region whose turn is up, the SAC will move to the next designated host and so on until a host is determined.

- a. The schedule must be approved by the Chairperson of the OFSAA Sport Advisory Committee for Track and Field.
- b. Any exceptional changes to the order of events must be done prior to February 1st of the same year as the meet.
- c. The OFSAA Convenor will inform coaches that coaches' passes will be distributed according to the number of athletes that are competing from their school. There are no exceptions, however consideration will be given to schools that have para athletes competing.
 - 1 – 10 athletes – 1 pass (single gender) or 2 passes (both genders)
 - 11 – 16 athletes – 2 passes (single gender) or 3 passes (both genders)
 - 17 – 25 athletes – 3 passes (single gender) or 4 passes (both genders)
 - 26 - athletes – 4 passes (single gender) or 5 passes (both genders)
- d. In the case that an entire Association or region travels together to the OFSAA

Championships, and a select group of teachers are supervising the athletes from the Association, the number of passes available will be determined by the convenor.

iii. Recommended guidelines for hosting OFSAA Track and Field

The following **RECOMMENDED** guidelines be put in place for prospective host committees considering hosting OFSAA Track and Field:

- Seating for 2400 spectators
- Hotel accommodations of 700 rooms within a 45-minute radius of the event location
- A proper warmup area for athletes
- Adequate parking for the event for both participants and spectators

a. OFSAA Track & Field Schedule

The schedule posted (*at the end of the document – page T-13*) is not the official schedule. It is only a template that can be used by convenors. The schedule can be adjusted for a variety of reasons with the approval of the SAC Chair.

b. Qualification from Heats to Finals

- i. hurdles, 100m, 200m, 400m, 800m, 4 x 100m relay, 4 x 400m relay:
6-Lane Track - the winner in each of four (4) heats and the next two (2) fastest times qualify for final.
8-Lane Track - top two (2) finishers in each of three (3) heats and next two (2) fastest times qualify for final.
- ii. 1500m 2000m steeplechase - first four (4) finishers in each of two (2) heats and the next four (4) fastest times qualify for final.
- iii. For lane designated events, a run-off for all competitors who are tied for the final qualifying position will be conducted.

a. Seeding

- i. Seeding will be done in order to spread the fastest qualifying times evenly throughout the heats and shall be done randomly in lane designated events from lanes one to eight.
- ii. A free draw shall be made by the organizing committee to determine lane assignments for **heats** in track events and order of competition in field events.
- iii. Seeding in track events for the finals will be done from heat times with the four fastest qualifiers being drawn in lanes 3, 4, 5 and 6 and the remaining qualifiers being drawn in lanes 1, 2, 7 and 8
- iv. Two (2) free draws shall be made to determine lane assignments for the **finals**: the four (4) best times from the qualifying heats shall draw for placement in lanes 3, 4, 5 and 6; and the remaining four (4) times shall draw for placement in lanes 1, 2, 7 and 8.

b. Scoring

- a. All results for all athletes participating in events should be eligible and counted toward team totals. To determine the overall school Champions, the following point system shall be used:
1st - 10 points; 2nd - 8 points; 3rd - 6 points; 4th - 5 points; 5th - 4 points; 6th – 3 points; 7th – 2 points; 8th – 1 point.
- b. Points earned by individuals in Open events shall be awarded to the school in the age category to which the individual belongs.
- c. Points earned by the Open Relay teams shall be awarded to the school in the Senior division.
- d. Points earned by para athletes will go to overall team points only and not assigned to age division.
- e. The following criteria will be used to determine a divisional banner winner and/or overall banner in case there is a tie: -
 - i. The team with the highest number of athletes scoring points will be the winner.
 - ii. The team with the greatest number of athletes winning gold medals.
 - iii. The team with the greatest number of athletes winning silver medals.
 - iv. The team with the greatest number of athletes winning bronze medals.
 - v. If still tied, teams will each receive a pennant.

c. Officials

- a. The Convenor shall be responsible for supplying competent officials for the meet.
- b. The head official must attend the coaches' meeting, and is encouraged to hold an officials' meeting prior to the start of the first race, when possible. Otherwise the head official is responsible for communicating the information to all officials participating.

d. Facilities and equipment

The meet should be held on an 8-lane track to accommodate the number of entries in the allotted time.

e. Medical

- a. Provision shall be made by the Convenor to have a medical doctor in attendance or readily available and to follow appropriate hygienic precautions with regard to bodily fluids and communicable diseases. (See Appendix IV to the By-Laws.)
- b. Qualified first-aid personnel and equipment shall be available at the Championship site.

Sample Track & Field Schedule

DAY 1 - Track	Event	Order of Events	Day 1 - Field
2:30	Opening Ceremonies		
3:00	2000m Steeplechase Heats	OG, OB	NG - Long Jump NB - Pole Vault OB - Shot Put (Para)
3:45	400m Heats	NG, NB, JG, JB, SG, SB	JG - Javelin SG - Discus SB - Triple Jump JB - High Jump
4:30			SB - Shot Put
4:45	1500m Heats	NG, NB, JG, JB, SG, SB	
6:15	4 x100m Heats	NG, NB, JG, JB, SG, SB	
DAY 2 - Track	Event	Order of Events	Day 2 - Field
9:00			SG – Triple Jump JG – Discus JG - Long Jump NB – High Jump JB – Pole Vault JB – Shot Put SB – Javelin
9:30	Sprint Hurdles Heats	NG, JG, SG, NB, JB, SB	
11:00	100m Heats	I.I., V.I., Amb., NG, NB, JG, JB, SG, SB	
12:00			NG – Javelin SG- High Jump SG - Pole Vault OG - Shot Put (Para) JB - Long Jump NB - Discus NG - Triple Jump
1:00	2000m Steeplechase FINALS	OG, OB	
1:30	Sprint Hurdle Finals	NG, JG, SG, NB, JB, SB	
2:00	100m FINALS	I.I., V.I., Amb., NG, MB, JG, JB, SG, SB	
2:30	400M FINALS		NG – Pole Vault JG - Triple Jump SG - Shot Put NB - Long Jump JB – Javelin

			SB - Discus SB - High Jump
3:00	1500m FINALS	NG, NB, JG, JB, SG, SB	
4:00	4 X 100m FINALS	SG, SB, JG, JB, NG, NB	
4:45	4 X 400M Heats	OG, OB	
DAY 3 - Track	Event	Order of Events	Day 3 - Field
9:00	Intermediate Hurdles Heats	NG, JG, SG, NB, JB, SB	NG - High Jump NG - Discus JG - Pole Vault JB - Triple Jump NB - Shot Put SB - Long Jump
10:30	800m Heats	I.I, V.I, Amb, SG, SB, JG, JB, NG, NB	
12:00	200m Heats	WC, SG, SB, JG, JB, NG, NB	JG - Shot Put SG - Javelin NB - Triple Jump SB - Pole Vault
1:30	Intermediate Hurdles FINALS	NG, JG, SG, NB, JB, SB	
2:00	3000m FINALS	SG, SB	
2:30	800m FINALS	I.I., V.I., Amb, SG, SB, JG, JB, NG, NB	NG - Shot Put JG - High Jump SG - Long Jump NB - Javelin JB - Discus
3:20	3000m FINALS	JG, JB	
3:50	200m FINALS	WC, SG, SB, JG, JB, NG, NB	
4:15	3000m FINALS	NG, NB	
4:45	4 X 400m FINALS	OG, OB	
5:15	Presentation of Awards	NG, NB, JG, JB, SG, SB, OVERALL BOYS & OVERALL GIRLS BANNERS	

***All Federation Championships/Festivals are non-smoking and non-vaping events.
This includes the use of all tobacco and vaping related products.***

Participants must obey the Ministry of Education's Code of Conduct.

September 2023