

WCSSAA & DISTRICT 8

41st

TRACK and FIELD
CHAMPIONSHIPS

2022

Jacob Hespeler S.S.
Cambridge

WEDNESDAY, MAY 11, 2022 9:00 a.m. – 6:00 p.m.

THURSDAY, MAY 12, 2022 9:00 a.m. – 6:00 p.m.

TRACK SCHEDULE - WEDNESDAY, MAY 11, 2022

NOTE: Any track or field event may start up to one-half hour before the times shown in this schedule. Coaches are asked to ensure that all athletes are informed of this fact and the importance of listening to announcements. Please encourage athletes to be at the facility at least 45 minutes before the scheduled event time.

9:00am	Novice Girls	80 m Hurdles (30")	Heats	
	Junior Girls	80 m Hurdles (30")	Heats	
	Senior Girls	100 m Hurdles (30")	Heats	
	Novice Boys	100 m Hurdles (33")	Heats	
	Junior Boys	100 m Hurdles (36")	Heats	
	Senior Boys	110 m Hurdles (36")	Heats	
9:45		Amb/ID/VI	100 m	Final
9:50	Novice Girls	100 m (back straight)	Heats	
	Novice Boys	100 m (front straight)	Heats	
10:20	Junior Girls	100 m (back straight)	Heats	
	Junior Boys	100 m (front straight)	Heats	
10:50	Senior Girls	100 m (back straight)	Heats	
	Senior Boys	100 m (front straight)	Heats	
11:20	Open Girls	2000 m Steeplechase (30")	Final	
	Open Boys	2000 m Steeplechase (36")	Final	
11:50	Novice Girls	100 m	Semi-Finals	
	Junior Girls	100 m	Semi-Finals	
	Senior Girls	100 m	Semi-Finals	
	Novice Boys	100 m	Semi-Finals	
	Junior Boys	100 m	Semi-Finals	
	Senior Boys	100 m	Semi-Finals	
12:30	Novice Girls	1500 m	Final	
	Junior Girls	1500 m	Final	
	Senior Girls	1500 m	Final	
1:30	Novice Girls	80 m Hurdles (30")	Final	
	Junior Girls	80 m Hurdles (30")	Final	
	Senior Girls	100 m Hurdles (30")	Final	
	Novice Boys	100 m Hurdles (33")	Final	
	Junior Boys	100 m Hurdles (36")	Final	
	Senior Boys	110 m Hurdles (36")	Final	
2:30	Novice Girls	400 m	Final	
	Junior Girls	400 m	Final	
	Senior Girls	400 m	Final	
	Novice Boys	400 m	Final	
	Junior Boys	400 m	Final	
	Senior Boys	400 m	Final	

3:45	Novice Boys	1500 m	Final
	Junior Boys	1500 m	Final
	Senior Boys	1500 m	Final
4:45	Novice Girls	100 m	Final
	Junior Girls	100 m	Final
	Senior Girls	100 m	Final
	Novice Boys	100 m	Final
	Junior Boys	100 m	Final
	Senior Boys	100 m	Final

TRACK SCHEDULE - THURSDAY, MAY 12, 2022

9:00 am	Senior Girls	200 m	Heats
	Senior Boys	200 m	Heats
	Junior Girls	200 m	Heats
	Junior Boys	200 m	Heats
	Novice Girls	200 m	Heats
	Novice Boys	200 m	Heats
10:30	Senior Girls	3000 m (alley start)	Final
	Senior Boys	3000 m (alley start)	Final
11:00	Senior Boys	400 m Hurdles (36")	Timed Final
	Senior Girls	400 m Hurdles (30")	Timed Final
	Junior Girls	300 m Hurdles (30")	Timed Final
	Novice Girls	300 m Hurdles (30")	Timed Final
	Junior Boys	300 m Hurdles (33")	Timed Final
	Novice Boys	300 m Hurdles (33")	Timed Final
12:30	Junior Girls	3000 m (alley start)	Final
	Junior Boys	3000 m (alley start)	Final
1:00	Senior Girls	800m (box start)	Timed Final
	Senior Boys	800m (box start)	Timed Final
	Junior Girls	800m (box start)	Timed Final
	Junior Boys	800m (box start)	Timed Final
	Novice Girls	800m (box start)	Timed Final
	Novice Boys	800m (box start)	Timed Final
	Amb/ID/VI	800m (box start)	Timed Final
2:30	Senior Girls	200 m	Final
	Senior Boys	200 m	Final
	Junior Girls	200 m	Final
	Junior Boys	200 m	Final
	Novice Girls	200 m	Final
	Novice Boys	200 m	Final
	WCG & WCB	200 m	Final

3:00	Novice Girls Novice Boys	3000 m (alley start) 3000 m (alley start)	Final Final
3:30	Senior Girls Senior Boys Junior Girls Junior Boys Novice Girls Novice Boys	4 x 100 m Relay 4 x 100 m Relay 4 x 100 m Relay 4 x 100 m Relay 4 x 100 m Relay 4 x 100 m Relay	Timed Final Timed Final Timed Final Timed Final Timed Final Timed Final
5:00	Open Girls Open Boys	4 x 400 m Relay 4 x 400 m Relay	Timed Final Timed Final

FIELD SCHEDULE - MAY 11 and 12, 2022

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NEW 2011: If there are a large number of entries, we encourage the official to split the group into WCSSAA competing for the first 90 min. and D8 competing for the second 60 min. We hope this will alleviate athletes standing around. Please make sure athletes check with the official at the beginning of each event.

- Senior Boys are the only ones that use the 800g Javelin, 5.443 kg shot put and the 1.62 kg discus.

Wednesday

9:00 am Nv. Girls Long Jump
Jr. Girls Triple Jump
Sr. Girls High Jump
Nv. & Jr. Boys Pole Vault
Nv. Boys Shot Put
Jr. Boys Discus
Sr. Boys Javelin

11:30 am Nv. Girls Shot Put
Jr. Girls Discus
Sr. Girls Javelin
Sr. Girls PoleVault
Nv. Boys Long Jump
Jr. Boys Triple Jump
Sr. Boys High Jump

2:00 pm Nv. Girls High Jump
Jr. Girls Long Jump
Sr. Girls Triple Jump
Nv. Boys Javelin
Jr. Boys Shot Put
Sr. Boys Discus

Thursday

9:00 am Nv. Girls Javelin
Jr. Girls Shot Put
Amb/WC Shot Put
Sr. Girls Discus
Nv. & Jr. Girls Pole Vault
Nv. Boys High Jump
Jr. Boys Long Jump
Sr. Boys Triple Jump

11:30 am Nv. Girls Triple Jump
Jr. Girls High Jump
Sr. Girls Long Jump
Nv. Boys Discus
Jr. Boys Javelin
Sr. Boys Shot Put
Sr. Boys Pole Vault

2:00 pm Nv. Girls Discus
Jr. Girls Javelin
Sr. Girls Shot Put
Nv. Boys Triple Jump
Jr. Boys High Jump
Sr. Boys Long Jump