



OFSAA WEST REGION TRACK AND FIELD CHAMPIONSHIP  
FRIDAY MAY 31, 2024



<u>TRACK</u>				<u>FIELD</u>		
Time	Event	Round	Athletes	Time	Event	Athletes
				<b>12:30</b>	M PV Novice	
<b>2:00</b>	F 2000m SC Open	30"	F	<b>2:00</b>	F LJ Novice	
	M 2000m SC Open	36"	F		M SP Novice	
<b>2:30</b>	F 80mH Novice	30"	H		F TJ Junior	
	F 80mH Junior	30"	H		M DT Junior	
	F 100mH Senior	30"	H		F HJ Senior	
	M 100mH Novice	33"	H		M JT Senior	
	M 100mH Junior	36"	H	<b>3:00</b>	F PV Novice	
	M 110mH Senior	36"	H			
<b>3:15</b>	F 100m Novice		H	<b>3:30</b>	F SP Novice	
	M 100m Novice		H		M LJ Novice	
	F 100m Junior		H		F DT Junior	
	M 100m Junior		H		M TJ Junior	
	F 100m Senior		H		F JT Senior	
	M 100m Senior		H		M HJ Senior	
<b>3:50</b>	F 400m Novice		TF			
	M 400m Novice		TF			
	F 400m Junior		TF			
	M 400m Junior		TF			
	F 400m Senior		TF			
	M 400m Senior		TF			
	<b>TRACK BREAK</b>					
<b>5:20</b>	F 80mH Novice	30"	F	<b>5:30</b>	F HJ Novice	
	F 80mH Junior	30"	F		M JT Novice	
	F 100mH Senior	30"	F		F LJ Junior	
	M 100mH Novice	33"	F		M PV Junior	
	M 100mH Junior	36"	F		M SP Junior	
	M 110mH Senior	36"	F		F TJ Senior	
<b>5:50</b>	F/M 100m Amb		F		M DT Senior	
	F/M 100m Int.		F			
	F/M 100m Vis		F			
	F 100m Novice		F			
	M 100m Novice		F			
	F 100m Junior		F			
	M 100m Junior		F			
	F 100m Senior		F			
	M 100m Senior		F			
<b>6:20</b>	F 1500m Novice		F			
	M 1500m Novice		F			
	F 1500m Junior		F			
	M 1500m Junior		F			
	F 1500m Senior		F			
	M 1500m Senior		F			
<b>7:15</b>	F 4x100m Novice		TF			
	M 4x100m Novice		TF			
	F 4x100m Junior		TF			
	M 4x100m Junior		TF			
	F 4x100m Senior		TF			
	M 4x100m Senior		TF			

