

2025 QGSSSA TRACK & FIELD CHAMPIONSHIPS

Event Program



TIME	EVENT	AGE	
8:00 AM	3000m	Open	Division A
TIME	EVENT	AGE	
8:25 AM	80m Hurdles	13 Years	Division A
8:30 AM	90m Hurdles	14 Years	Division A
8:35 AM	90m Hurdles	15 Years	Division A
8:40 AM	100m Hurdles	16 Years	Division A
8:45 AM	100m Hurdles	17 Years & Over	Division A
TIME	EVENT	AGE	
9:10 AM	1500m	12 Years & Under	Division A
9:18 AM	1500m	13 Years	Division A
9:26 AM	1500m	14 Years	Division A
9:34 AM	1500m	15 Years	Division A
9:42 AM	1500m	16 Years	Division A
9:50 AM	1500m	17 Years & Over	Division A
TIME	EVENT	AGE	
10:10 AM	100m	12 Years & Under	Division D → A
10:20 AM	100m	13 Years	Division D → A
10:30 AM	100m	14 Years	Division D → A
10:40 AM	100m	15 Years	Division D → A
10:50 AM	100m	16 Years	Division D → A
11:00 AM	100m	17 Years & Over	Division D → A
11:10 AM	100m	Open Multiclass	Division A
TIME	EVENT	AGE	
11:30 AM	400m	13 Years	Division A
11:35 AM	400m	14 Years	Division A
11:40 AM	400m	15 Years	Division A
11:45 AM	400m	16 Years	Division A
11:50 AM	400m	17 Years & Over	Division A
11:55 AM	400m	Open Multiclass	Division A

TIME	EVENT	AGE	
12:15 PM	200m	12 Years & Under	Division A
12:18 PM	200m	13 Years	Division A
12:21 PM	200m	14 Years	Division A
12:24 PM	200m	15 Years	Division A
12:27 PM	200m	16 Years	Division A
12:30 PM	200m	17 Years & Over	Division A
12:33 PM	200m	Open Multiclass	Division A
TIME	EVENT	AGE	
12:50 PM	800m	12 Years & Under	Division B → A
1:00 PM	800m	13 Years	Division B → A
1:10 PM	800m	14 Years	Division B → A
1:20 PM	800m	15 Years	Division B → A
1:30 PM	800m	16 Years	Division B → A
1:40 PM	800m	17 Years & Over	Division B → A
1:50 PM	800m	Open Multiclass	Division A
TIME	EVENT	AGE	
2:00 PM	Assemble for Relays		
TIME	EVENT	AGE	
2:10 PM	4 x 100m Relay	12 Years & Under	Division B → A
2:20 PM	4 x 100m Relay	13 Years	Division B → A
2:30 PM	4 x 100m Relay	14 Years	Division B → A
2:40 PM	4 x 100m Relay	15 Years	Division B → A
2:50 PM	4 x 100m Relay	16 Years	Division B → A
3:00 PM	4 x 100m Relay	17 Years & Over	Division B → A
TIME	EVENT	AGE	
3:20 PM	March On		
TIME	EVENT	AGE	
3:30 PM	Presentations		

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TIME	EVENT	AGE	
8:05 AM	High Jump	12 Years & Under	Division A
	Long Jump	15 Years	Division A & B
	Triple Jump	16 Years & Over	Division A
	Shot Put	17 Years & Over	Division A & B
	Javelin	15 Years	Division A & B
	Discus	16 Years	Division A & B
TIME	EVENT	AGE	
9:05 AM	High Jump	13 Years	Division A
	Long Jump	14 Years	Division A & B
	Shot Put	12 Years & Under	Division A & B
	Javelin	14 Years	Division A & B
	Discus	13 Years	Division A & B
TIME	EVENT	AGE	
10:05 AM	High Jump	15 Years	Division A
	Long Jump	16 Years	Division A & B
	Shot Put	16 Years	Division A & B
	Javelin	17 Years & Over	Division A & B
	Discus	15 Years	Division A & B

TIME	EVENT	AGE	
11:05 AM	High Jump	14 Years	Division A
	Long Jump	17 Years & Over	Division A & B
	Triple Jump	13 Years & Under	Division A
	Shot Put	14 Years	Division A & B
	Javelin	13 Years	Division A & B
	Discus	12 Years & Under	Division A & B
TIME	EVENT	AGE	
12:10 PM	High Jump	16 Years	Division A
	Long Jump	13 Years	Division A & B
	Long Jump	12 Years	Division A & B
	Shot Put	15 Years	Division A & B
	Javelin	16 Years	Division A & B
	Discus	17 Years & Over	Division A & B
TIME	EVENT	AGE	
1:05 PM	High Jump	17 Years & Over	Division A
	Triple Jump	14-15 Years	Division A
	Shot Put	13 Years	Division A & B
	Discus	14 Years	Division A & B

*Students competing in Open Multiclass Long Jump, Discus and Shot Put will compete with their age group.