SSSAD - BOB ADAMS TRACK & FIELD CITY CHAMPIONSHIP
Gordie Howe Sports Complex
Wednesday May 27th 2026

Track 5:00 pm - 6:45 pm		
Time	**Category**	**Track Events**
5:00 PM	I.G.	100m heats
5:12 PM	I.B.	100m heats
5:22 PM	J.G.	100m heats
5:30 PM	J.B.	100m heats
5:38 PM	S.G.	100m heats
5:45 PM	S.B.	100m heats
5:50 PM	I.G.	400m Timed Final
5:58 PM	I.B.	400m Timed Final
6:06 PM	J.G.	400m Timed Final
6:14 PM	J.B.	400m Timed Final
6:22 PM	S.G.	400m Timed Final
6:30 PM	S.B.	400m Timed Final
6:45 PM	I.G.	1500m Final
	I.B.	1500m Final
	J.G.	1500m Final
	J.B.	1500m Final

Field					
Time	**Long Jump**	**Triple Jump**	**High Jump**	**Discus**	**Javelin**
	SE Pit	**NW Pit**			**South**
4:30 PM	S.B	J.G	I.B.	I.G.	J.B.
5:45 PM	J.B.	S.G.	S.B.	J.G.	I.G.
7:00 PM	I.B.	I.G.	J.B.	S.G.	J.G.
8:15 PM					S.G.

Track 7:30 pm - End		
Time	**Category**	**Track Events**
7:30 PM	I.G.	100m Final
	I.B.	100m Final
	J.G.	100m Final
	J.B.	100m Final
	S.G.	100m Final
	S.B.	100m Final
7:45 PM	100m	Wheelchair Final
7:50 PM	S.G.	1500m Final
	S.B.	1500m Final
8:10 PM	I.G.	4x100m Relay
	I.B.	4x100m Relay
8:25 PM	J.G.	4x100m Relay
	J.B.	4x100m Relay
8:40 PM	S.G.	4x100m Relay
	S.B.	4x100m Relay

SSSAD - BOB ADAMS TRACK & FIELD CITY CHAMPIONSHIP
Gordie Howe Sports Complex
Thursday May 28th 2026

Field								
Time	Long Jump	Triple Jump	High Jump	Pole Vault	Shot Put 1	Shot Put 2	Discus	Javelin
	SE Pit	NW Pit			SE Circle	SW Circle		North
12:30 PM				All Girls				
1:00 PM	I.G.	J.B.	J.G.			S.B.	I.B.	
2:15 PM	S.G.	S.B.	I.G.		Quad Girls	I.B.	J.B.	
2:30 PM				All Boys				
3:30 PM	J.G.	I.B.	S.G.		Quad Boys	J.B.	S.B.	
4:45 PM	Quad B.	Quad G - LJ			J.G.			I.B.
6:00 PM					I.G.	S.G.		S.B.

Track 1:00 pm - 5:35 pm		
Time	Category	Track Events
1:00 PM	Quad G	100m Quad Final
	Quad B	100m Quad Final
1:15 PM	I. G.	200m heats
	I. B.	200m heats
1:35 PM	J.G.	200m heats
	J.B.	200m heats
1:55 PM	S.G.	200m heats
	S.B.	200m heats
Hurdles Set Up		
2:15 PM	I.G.	800m Final
	I.B.	800m Final
2:25 PM	J.G.	800m Final
	J.B.	800m Final
2:35 PM	S.G.	800m Final
	S.B.	800m Final
2:45 PM	400m	Wheelchair Final

2:50 PM	I.G.	80m H. heats
	J.G.	80m H. heats
	S.G.	80m H. heats
	I.B.	80m H. heats
	J.B.	100m H. heats
	S.B.	100m H. heats
Hurdles Set Up for 3000m (open lanes 1-4)		
3:40 PM	I.G.	3000m Final
3:55 PM	I.B.	3000m Final
5:20 PM	J.G.	3000m Final
5:35 PM	J.B.	3000m Final

Track 5:50 pm - End		
Time	**Category**	**Track Events**
5:50 PM	S.B.	100m H. Final
5:55 PM	J.B.	100m H. Final
6:00 PM	I.B.	80m H. Final
6:04 PM	S.G.	80m H. Final
6:08 PM	J.G.	80m H. Final
6:14 PM	I.G.	80m H. Final
Hurdles Take Down		
6:20 PM	S.G.	3000m Final
6:35 PM	S.B	3000m Final
6:50 PM	I.G.	200m Final
	I.B.	200m Final
	J.G.	200m Final
	J.B.	200m Final
	S.G.	200m Final
	S.B.	200m Final
7:10 PM	Quad G.	800m Quad Final
	Quad B.	800m Quad Final
7:20 PM	I.G.	4x400m Relay
	I.B.	4x400m Relay
7:35 PM	J.G.	4x400m Relay
	J.B.	4x400m Relay
7:50 PM	S.G.	4x400m Relay
	S.B.	4x400m Relay
8:20 PM	Awards Presentation:	
Age Division Pennants		
Meet Championship Trophy		
Most Improved Trophy		