

OLA TRACK AND FIELD MEET SCHEDULE
MAY 8, 2026

OPENING CEREMONIES AND ANNOUNCEMENTS 9:20AM

FIELD EVENTS SCHEDULE

LONG JUMP Starting at 9:30

(4 participants per school of each gender)

Pit 1:

Pit 2:

Gr. 7 Girls

Grade 7 Boys

Gr. 6 Girls

Grade 6 Boys

Gr. 5 Girls

Grade 5 Boys

Gr. 4 Girls

Grade 4 Boys

Gr. 3 Girls

Grade 3 Boys

HIGH JUMP Starting at 9:30

(2 participants per school of each gender)

Gr. 6 Boys

Gr. 6 Girls

Gr. 7 Boys

Gr. 7 Girls

SHOT PUT Starting at 9:30

(4 participants per gender per school)

Gr. 4 Girls

Gr. 4 Boys

Gr. 5 Girls

Gr. 5 Boys

Gr. 6 Girls

Gr. 6 Boys

Gr. 7 Girls

Gr. 7 Boys

TRACK SCHEDULE

1200 M Starting at 9:30

(2 participants per school of each gender)

Gr. 7 Boys

Gr. 7 Girls

Gr. 6 Boys

Gr. 6 Girls

1000 M Starting at 10:00

(2 participants per school of each gender)

Gr. 5 Boys

Gr. 5 Girls

Gr. 4 Boys

Gr. 4 Girls

Gr. 6 Boys

Gr. 6 Girls

Gr. 7 Boys

Gr. 7 Girls

200 M Starting at 10:30

(4 participants per school of each gender)

Gr. 5 Girls

Gr. 5 Boys

Gr. 6 Girls

Gr. 6 Boys

Gr. 7 Girls

Gr. 7 Boys

60 M Starting at 11:00

(unlimited participants for all grades)

Gr. 3 Boys

Gr. 3 Girls

Gr. 4 Boys

Gr. 4 Girls

Gr. 5 Boys

Gr. 5 Girls

300 M Starting at 11:15

(4 participants per school of each gender)

Gr. 6 Girls

Gr. 6 Boys

Gr. 7 Girls

Gr. 7 Boys

600 M Starting at 11:30

(4 participants per school of each gender)

Gr. 5 Girls

Gr. 5 Boys

Gr. 4 Boys

Gr. 4 Girls

Gr. 3 Girls

Gr. 3 Boys

100 M Starting at 12:45

(unlimited participants)

Gr. 3 Boys

Gr. 3 Girls

Gr. 4 Boys

Gr. 4 Girls

Gr. 5 Boys

Gr. 5 Girls

Gr. 6 Boys

Gr. 6 Girls
Gr. 7 Boys
Gr. 7 Girls

4 X 100M RELAYS Starting at 1:15
(2 relay teams per school per gender)

Gr. 3 Boys
Gr. 3 Girls
Gr. 4 Boys
Gr. 4 Girls
Gr. 5 Boys
Gr. 5 Girls
Gr. 6 Boys
Gr. 6 Girls
Gr. 7 Boys
Gr. 7 Girls

4 X 100M MIXED RELAYS Starting at 2:15

Gr. 3 Mixed (2 relay teams per school)
Gr. 4 Mixed (2 relay teams per school)
Gr. 5 Mixed (1 relay team per school)
Gr. 6 Mixed (1 relay team per school)
Gr. 7 Mixed (1 relay team per school)

800 M Starting at 2:30

(4 participants per school of each gender)
Gr. 7 Girls
Gr. 7 Boys
Gr. 6 Girls
Gr. 6 Boys

CLOSING ANNOUNCEMENTS

****ALL TIMES ARE APPROXIMATE****

RELAY LANE ASSIGNMENTS FOR RELAYS AND 60 M RACES

LANE 1: ST. MATTHEWS

LANE 2: ST. MICHAELS

LANE 3: ST. FRANCIS XAVIER

LANE 4: ST. FRANCIS DE SALES

LANE 5: OUR LADY OF THE ASSUMPTION

LANE 6: OUR LADY OF FATIMA

LANE 7: QUEEN OF ALL SAINTS

LANE 8: ST. ANTHONY