

WCSSAA & DISTRICT 8

45th

TRACK and FIELD CHAMPIONSHIPS 2026

Jacob Hespeler S.S.
Cambridge

WEDNESDAY MAY 13, 2026, 10:30 a.m. – 8:00 p.m.

THURSDAY MAY 14, 2026, 10:30 a.m. – 7:00 p.m.

PRE-SEASON INFORMATION

Convenor:	Jim Woolley
Entries and Results:	KW Timers
Officials	Chuck Thompson, CHCI Darcy Mintz, BCI

SPECIAL NOTE: In addition to the information in this package be aware that there is a set of WCSSAA and District 8 Track and Field Playing Regulations. The Head of Physical and Health Education in each school should have an up-to-date copy. All coaches should be familiar with these playing regulations.

ENTRY INFORMATION and PROCEDURES

1. Entry Deadline for Athletic.net **MONDAY, MAY 11 @ 9 am**

Entry Correction Deadline **TUESDAY, MAY 12 @ 9 am**

Entries are due no later than 9:00 am at Athletic.net At that point the online entry system will be closed. If you have any problems email kwtimers@gmail.com

2. Entries

Please E-MAIL to kwtimers@gmail.com the name and email of your head coach and the person in charge of doing the WCSSAA/District 8 entries.

Entries are to be done using Athletic.net's services (<http://www.athletic.net>). Entry errors have occurred in the past which resulted in some very upset athletes and parents so please put a mechanism in place where your athletes check that they are entered in the correct events and in the correct age group. (i.e. Coaches should run a copy of their entries for posting so their athletes can check for accuracy). **If an athlete notices an error, then please e-mail Jeff at kwtimers@gmail.com before 9 am or sooner if possible on Tuesday, May 12th with the change(s). Please note that no changes to entries will be accepted after this time unless it is an error created by the organizing committee.**

3. Seed Performances

It is expected that seed times (as accurate as possible) will be included with your entries for all track events, including relays. Note that designating relay teams as "A" and "B" with no seed times does not guarantee your "A" team would be in the fast section.

The 400m and the Intermediate Hurdles will be run as a timed final. The seed times will be established by an athlete's maxi-meet or Track Wars time or any OFSAA sanctioned track and field meet provided an official result from the meet is submitted with the entry. If an athlete wishes to run the 400m or the intermediate hurdles but does not have a verifiable seed time, they will automatically be assigned a No Time and be placed in the slow sections.

4. Number of Entries

a) Each school may enter an unlimited number of competitors per individual event and **2 relay teams per relay event.**

5. Other Entry Information

- a) Each competitor may enter three individual events of the same age class, plus one age class relay, plus one open 4 x 400m relay
- b) A competitor may enter an open, individual event but that event counts as one of the three events as outlined in section "a" above.
- c) An athlete who competes in one age class for individual events may compete in a higher age class relay team.
- d) An athlete may compete in a higher age class in individual events provided that he/she does so in all events (including relays) for the season. [EXAMPLE: If you had five good novices for the 100 m, then you could enter your best one of the five in the junior 100 m BUT that athlete must then compete as a junior at CWOSSA, Regionals and OFSAA.]

ELIGIBILITY

1. All athletes entered in the WCSSAA and District 8 championship meet must meet the eligibility requirements of their respective associations.
2. Your completed entry forms with or without the signature of the principal will be considered your eligibility list. *It is assumed that you have checked the ages of all your students carefully.*
3. In order to be entered in the meet an athlete must have competed in at least one Maxi Meet or Track Wars, during the current season. See the Maxi Meet package of information for more details.
4. An athlete must be wearing his/her school uniform in order to compete. Please note that during the high school season, club clothing is not to be worn at any time at the facilities hosting the event. This is consistent with the OFSAA policy. All members of a given school relay team must be in school uniform.

C.W.O.S.S.A. ENTRIES (from WCSSAA and District 8 meet to CWOSSA meet)

1. The convenor will automatically enter the top four WCSSAA and top two District 8 competitors in the CWOSSA meet.
2. Coaches are asked to do their best to declare any scratches amongst your CWOSSA qualifiers so other athletes may be "bumped up". Every attempt will be made by the convenor to notify school coaches of any athletes who get "bumped up" due to scratches. NOTE: Scratches after the CWOSSA deadline cannot be processed.

3. Coaches are reminded that special appeals for extra entries to CWOSSA must be made through the convenor. Such appeals should be restricted to extraordinary medical reasons. The convenor will consult with the WCSSAA/District 8 President before a ruling is made.

IMPORTANT DATES and MEET LOCATIONS

Maxi Meet # 1	April 16	Jacob Hespeler, Cambridge
Maxi Meet # 2	April 23	Jacob Hespeler, Cambridge
Track Wars	Apr 30	Jacob Hespeler, Cambridge
Maxi Meet # 3	May 7	Jacob Hespeler, Cambridge
Entry Deadline	May 11 [9:00 a.m.]	
Championship Meet	May 13, 14	Jacob Hespeler, Cambridge
CWOSSA Meet	May 20, 21	Jacob Hespeler, Cambridge
Regional Meet	May 29, 30	Jacob Hespeler, Cambridge
OFSAA Meet	June 4, 5, 6	Niagara Olympic Club, St. Catherines

MAXI MEETS

Information pertaining to the Maxi Meets and school responsibilities associated with the operation of these meets has already been sent.

QUALIFYING for SEMI-FINALS and FINALS

1. 100m

If 8 heats, then top 1 in each heat + next 8 best times to semi-finals.
 If 7 heats, then top 1 in each heat + next 9 best times to semi-finals.
 If 6 heats, then top 2 in each heat + next 4 best times to semi-finals.
 If 5 heats, then top 2 in each heat + next 6 best times to semi-finals.
 If 4 heats, then top 3 in each heat + next 4 best times to semi-finals.
 If 3 heats, then top 2 in each heat + next 2 best times to finals.
 If 2 heats, then top 3 in each heat + next 2 best times to finals.
 If 1 heat, then it will run as a final with the other 100m finals.

2. Sprint Hurdles and 200m

If 7+ heats, then top 8 best times to finals.
 If 6 heats, then top 1 in each heat + next 2 best times to finals.
 If 5 heats, then top 1 in each heat + next 3 best times to finals.
 If 4 heats, then top 1 in each heat + next 4 best times to finals.
 If 3 heats, then top 2 in each heat + next 2 best times to finals.
 If 2 heats, then top 3 in each heat + next 2 best times to finals.
 If 1 heat, then it will run as a final with the other sprint hurdles/200m finals.

3. **400 m Event**

The 400m is a timed final. Any ties for CWOSSA qualifying will be broken by a run-off at the conclusion of the day.

4. **Ties in Qualifying**

The final decision is that of the track referee. In the past if two athletes tie in heats or semi-finals, then the athlete with the better place of finish has been advanced. This is done to avoid the need for a runoff.

LANE ASSIGNMENTS

The top four seeds are placed at random in lanes 3, 4, 5 and 6 and the bottom four seeds are placed at random in lanes 1, 2, 7 and 8.

POST ENTRIES and SUBSTITUTIONS (NOTE CAREFULLY.)

No post entries or substitutions are allowed after the entry deadline of **May 12, 2025**. The one exception is that a school may substitute on a relay team but the substitute must be an athlete who is already registered in the meet as of the entry deadline. One alternate may be declared for relay teams at the time of entry.

COMPETITIVE EQUIPMENT

See specifications table in this booklet. You are reminded that shot puts, javelins, disci and vaulting poles are not supplied by the convenor.

Weigh-Ins will occur at the table by the officials portable on both days from 9:30 to 10:30, 12:00 to 1:00 and 2:30 to 3:30.

AWARDS

Plaques will be given to individual age class winners. Ribbons will be awarded for first to eighth place for WCSSAA & District 8 competitors.

If your school won a WCSSAA or District 8 track and field team plaque(s) last year, then please bring it/them with you to the championships.

FIELD EVENTS CONFLICTING WITH TRACK EVENTS

- i. It is the athlete's and coach's responsibility to see that track officials and field officials are kept informed of the situation.
- ii. Athletes who arrive late to their event will be allowed to compete only in the round that is currently being contested. The event will be held open for 1 minute after the three qualifying rounds to allow any athlete who has missed all three rounds to make one qualifying jump or throw. If they arrive after this one minutes they will be disqualified from the event.
- iii. Once the final rounds have started, a qualifying athlete must compete in the round presently in progress. The final round will be held open for 3 minutes after the completion of a field event to allow an athlete a final attempt.

RESULTS

Live results can be found by going to <http://www.kwtimers.ca/>

Field Event Specifications

AGE CLASS(ES)	SHOT PUT (kg)	DISCUS (kg)	JAVELIN (g)
Novice Girls Junior Girls	3	1	600
Senior Girls Novice Boys Junior Boys	4 [8 lb., 13 oz.]	[2.2 lb]	[1.32 lb]
Senior Boys	5.443 [12 lb]	1.62 [3 lb 9 oz]	800 [1.76 lb]

Hurdle Events Specifications

AGE CLASS	TOTAL DISTANCE (m)	TOTAL No. HURDLES	HEIGHT of HURDLES (m)	DISTANCE START to FINISH (m)	DISTANCE BETWEEN HURDLES (m)	DISTANCE from LAST HURDLE to FINISH (m)
Novice Girls Junior Girls	80	8	0.762 (30")	12.0	8.00	12.0
Senior Girls	100	10	0.762 (30")	13.0	8.50	10.50
Novice Boys	100	10	0.840	13.0	8.50	10.50

			(33")			
Junior Boys	100	10	0.914 (36")	13.0	8.50	10.50
Senior Boys	110	10	0.914 (36")	13.72	9.14	14.02
Novice Girls Junior Girls	300	7	0.762 (30")	50.00	35.00	40.00
Novice Boys Junior Boys	300	7	0.840 (33")	50.00	35.00	40.00
Senior Girls	400	10	0.762 (30")	45.00	35.00	40.00
Senior Boys	400	10	0.914 (36")	45.00	35.00	40.00

Steeple Chase Barriers – Open Women 762 mm (30 in) for women

- Open Men 914 mm (36 in) for men

TRACK SCHEDULE - WEDNESDAY, MAY 13, 2026

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.

10:30	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
11:20	Amb/II/VI	100 m	Final
	Novice Girls	100 m	Heats
	Junior Girls	100 m	Heats
	Senior Girls	100 m	Heats
	Novice Boys	100 m	Heats
	Junior Boys	100 m	Heats
	Senior Boys	100 m	Heats
2:30	Open Girls	2000 m Steeplechase (30")	Final
	Open Boys	2000 m Steeplechase (36")	Final
3:00	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
3:50	Novice Girls	1500 m	Final
	Junior Girls	1500 m	Final
	Senior Girls	1500 m	Final
4:45	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
5:15	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

6:40	Novice Boys	1500 m	Final
	Junior Boys	1500 m	Final
	Senior Boys	1500 m	Final
7:30	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 14, 2026

10:30	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
12:30	Senior Girls	3000 m (alley start)	Final
	Senior Boys	3000 m (alley start)	Final
1:10	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
1:55	Junior Girls	3000 m (alley start)	Final
	Junior Boys	3000 m (alley start)	Final
2:35	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/II/VI	800m (box start)	Timed Final
3:45	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
	Seated	200 m	Final
4:20	Novice Girls	3000 m (alley start)	Final
	Novice Boys	3000 m (alley start)	Final
5:00	Senior Girls	4 x 100 m Relay	Timed Final
	Senior Boys	4 x 100 m Relay	Timed Final
	Junior Girls	4 x 100 m Relay	Timed Final
	Junior Boys	4 x 100 m Relay	Timed Final
	Novice Girls	4 x 100 m Relay	Timed Final
	Novice Boys	4 x 100 m Relay	Timed Final
6:00	Mixed	4 x 400 m Relay	Timed Final
	Open Girls	4 x 400 m Relay	Timed Final
	Open Boys	4 x 400 m Relay	Timed Final

FIELD SCHEDULE - MAY 13 and 14, 2026

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.

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

10:30 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

1:00 Nv. Girls Shot Put
Jr. Girls Discus
Sr. Girls Javelin
Sr. Girls Pole Vault
Nv. Boys Long Jump
Jr. Boys Triple Jump
Sr. Boys High Jump

3:30 Nv. Girls High Jump
Jr. Girls Long Jump
Sr. Girls Triple Jump
Nv. Boys Javelin
Jr. Boys Shot Put
Sr. Boys Discus

Thursday

10:30 Nv. Girls Javelin
Jr. Girls Shot Put
VI,II,Stand,,Seated Shot Put
Sr. Girls Discus
Nv. & Jr. Girls Pole Vault
Nv. Boys Triple Jump
Jr. Boys High Jump
Sr. Boys Long Jump

1:00 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

3:30 Nv. Girls Discus
Jr. Girls Javelin
Sr. Girls Shot Put
Nv. Boys High Jump
Jr. Boys Long Jump
Sr. Boys Trip

