QVDA CENTRAL ZONE TRACK AND FIELD MEET
2026
Track Events

9:30 **80m Hurdles Finals**
- Bantam Girls – White 30”
- Intermediate Girls – White 30”
- Junior Girls – Grey 30”
- Senior Girls – Grey 30”
- Bantam Boys – Grey 30”

100m Hurdles Finals
- Intermediate Boys – Yellow 30”
- Junior Boys – Yellow 33”
- Senior Boys – Yellow 33”

10:15 **100m Heats**
- Pee Wee Girls
- Pee Wee Boys
- Bantam Girls
- Bantam Boys
- Intermediate Girls
- Intermediate Boys
- Junior Girls
- Junior Boys
- Senior Girls
- Senior Boys
- JG/SG QUAD Girls
- JB/SB Quad Boys

11:00 **100m Finals**
- Pee Wee Girls
- Pee Wee Boys
- Bantam Girls
- Bantam Boys
- Intermediate Girls
- Intermediate Boys
- Junior Girls
- Junior Boys
- Senior Girls
- Senior Boys

11:30 **800m Finals**
- Pee Wee Girls
- Pee Wee Boys
- Bantam Girls
- Bantam Boys
- Intermediate Girls
- Intermediate Boys
- Junior Girls
- Junior Boys
- Senior Girls
- Senior Boys
- JG/SG QUAD Girls
- JB/SB QUAD Boys

12:15 **200m Finals**
- Pee Wee Girls
- Pee Wee Boys
- Bantam Girls
- Bantam Boys
- Intermediate Girls
- Intermediate Boys
- Junior Girls
- Junior Boys
- Senior Girls
- Senior Boys

1:15 **1500m Finals**
- Pee Wee Girls
- Pee Wee Boys
- Bantam Girls
- Bantam Boys
- Intermediate Girls
- Intermediate Boys
- Junior Girls
- Junior Boys
- Senior Girls
- Senior Boys

2:25 **400m Finals**
- Pee Wee Girls
- Pee Wee Boys
- Bantam Girls
- Bantam Boys
- Intermediate Girls
- Intermediate Boys
- Junior Girls
- Junior Boys
- Senior Girls
- Senior Boys

3:15 **4x100 Relay Timed Finals**
- Pee Wee Girls
- Pee Wee Boys
- Bantam Girls
- Bantam Boys
- Intermediate Girls
- Intermediate Boys
- Junior Girls
- Junior Boys
- Senior Girls
- Senior Boys

4x400 Relay Finals
- Girls
- Boys

QVDA CENTRAL ZONE TRACK AND FIELD MEET
2026
Field Events

Pee Wee/Bantam (Disc./Jav.) are only for athletes whose coach has level 1 certification.

Time	SHOT	DISCUS	JAVELIN	TRIPLE #1	TRIPLE #2	LONG #1	LONG #2	HIGH #1	HIGH #2
9:30	IG	IB	PB	JB/JG		BB/ QUAD		SB	PG
10:15	PG	IG	JB/JG		IB		BG	SG	PB
11:00	IB	PB	SB/SG	BB		PG		JB	BG
11:45	BG	JB/JG	PG		SB/SG		IG	IB	BB
12:30	SB/SG	BG	IB	PB		JB/JG		IG	
1:15	PB	BB	IG		PG		SB/SG	JG	
2:00	JB/JG	PG	BB	BG		PB			
2:45	BB/ QUAD	SB/SG	BG		IG		IB		

Athletes are to be reminded that their events may run ahead of time. Should an athlete miss an event because they did not hear their event announced or they are simply not at the track because THEY decide they have time to leave the venue for unknown reasons, then we will not entertain a delay, reschedule or inclusion into an event that they are not registered for.