

METRO REGIONALS 2026

Day 1

Location: St. Andrews College

Date: Monday, May 25th, 2026

Time: 2PM Start Time (athletes warm up start at 12:30PM) - POLE VAULT (Girls first then Boys)

Day 2

Birchmount Stadium

Tuesday, May 26th, 2026

Coaches & Officials Meeting @ 8:45 am

TUESDAY FIELD EVENTS

*****When possible, athletes should warm up 30 minutes prior to their event start time**

TIME	SHOT PUT	DISCUS	JAVELIN	Pole Vault	HIGH JUMP	Triple Jump	Long Jump
9: 30	Nov. Boys	Jr. Boys	Sr. Boys		Sr. Girls	Sr. Boys	Nov. Girls
11: 30	Nov. Girls	Jr. Girls	Sr. Girls		Sr. Boys	Jr. Boys	Nov. Boys
1: 30	Jr. Boys	Sr. Boys	Nov. Boys		Nov. Girls	Sr. Girls	Jr. Girls

TUESDAY TRACK EVENTS

TRACK EVENTS - HEATS

9:30 AM – SPRINT HURDLES

NG /JG 80 M HURDLES 3 HEATS
SG /NB / JB/ SB 100/110 M HURDLES 3 HEATS

10:15 AM 400M HEATS

NG /NB / JG /JB/ SG/ SB 3 HEATS

11:05 AM - 100M HEATS

NG / NB / JG / JB /SG/SG 3 HEATS

12:00 pm – 4 X 100M RELAY HEATS

NG / NB / JG / JB / SG / SB 3 HEATS

TRACK EVENTS - FINALS

1:15 PM – STEEPLECHASE FINAL

OPEN BOYS	2000 M	STEEPLECHASE	FINAL
OPEN GIRLS	2000 M	STEEPLECHASE	FINAL

1:45 PM – SPRINT HURDLE FINAL

NG / JG	80 M	HURDLES	FINAL
SG / NB / JB / SB	100/110 M	HURDLES	FINAL

2:15 PM – 100M FINAL

NG/ NB / JG / JB / SG/ SB	100 M	FINAL
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2:35 PM – 1500 FINAL

NG/ NB	1500 M	FINAL
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3:00 PM – 400M FINAL

NG/NB/ JG / JB / SG / SB	400 M	FINAL
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3:20 PM – 1500 FINAL

JG /JB / SG/ SB	1500 M	FINAL
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4:15 PM – 4 X 100M RELAY

NG /NB / JG / JB / SG/ SB	4 X 100 M RELAY	FINAL
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DAY 3
Birchmount Stadium
Thursday, May 28th, 2026
Coaches and Officials Meeting @ 9:00 am

THURSDAY FIELD EVENTS

*****When possible, athletes should warm up 30 minutes prior to their event start time**

TIME	SHOT PUT	DISCUS	JAVELIN		HIGH JUMP	Triple Jump	Long Jump
9: 30	Jr. Girls	Sr. Girls	Nov. Girls		Nov. Boys	Jr. Girls	Jr. Boys
10:30	Para						
11:35	Sr. Boys	Nov. Boys	Jr. Boys		Jr. Girls	Nov. Girls	Sr. Girls
1: 30	Sr. Girls	Nov. Girls	Jr. Girls		Jr. Boys	Nov. Boys	Sr. Boys

THURSDAY TRACK EVENTS

9:45 AM INTERMEDIATE HURDLES – TIME SECTION FINALS

NG / JG	300 M HURDLES	FINAL
SG	400 M HURDLES	FINAL
NB / JB	300 M HURDLES	FINAL
SB	400 M HURDLES	FINAL

10:35 AM – 200M HEATS

NG / NB / JG / JB / SG / SB	200 M	3 HEATS
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11:15 AM – SENIOR 3000M FINAL

SG/SB	3000 M	FINAL
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11:45 AM - PARA 100M FINAL

12:05 AM - 800M - TIME SECTION FINALS –THREE HEATS OF 8

NG / NB / JG / JB /SG / SB	800 M	FINAL
VISUALLY IMPAIRED – M/F	800 M	FINAL
AMBULATORY – M / F	800 M	FINAL
INTELLECTUALLY IMPAIRED - M/F	800 M	FINAL

1:15 PM – JUNIOR 3000M FINAL

JG / JB	3000 M	FINAL
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1:45 PM – 200M FINAL

WHEELCHAIR – M / F	200 M	FINAL
SG / SB / JG / JB /NG / NB	200 M	FINAL

2:10 PM – NOVICE 3000M FINAL

NG/NB

3000 M

FINAL

2:40 PM 4 X 400M RELAY

MIXED RELAY/OPEN GIRLS /OPEN BOYS 4 X 400M RELAY FINAL (TIME SECTION)

*****Mixed Relay - the mixed relay order must be: male/female/male/female**