

## OTTAWA-GLANDORF GOLD MEDAL TRACK AND FIELD MEET, APRIL 17, 2025

4:00 pm

### FIELD EVENTS

|                  |  |
|------------------|--|
| Girls Pole Vault | Five Alive                               |
| Boys Shot Put    | Two Flights Seeded - Top Seven to Finals |
| Girls Discus     | Two Flights Seeded - Top Seven to Finals |
| Girls High Jump  | Five Alive                               |
| Boys Long Jump   | Two Flights Seeded - Top Seven to Finals |

At Conclusion  
of above  
Events

|                 |  |
|-----------------|--|
| Boys Pole Vault | Five Alive                               |
| Girls Shot Put  | Two Flights Seeded - Top Seven to Finals |
| Boys Discus     | Two Flights Seeded - Top Seven to Finals |
| Boys High Jump  | Five Alive                               |
| Girls Long Jump | Two Flights Seeded - Top Seven to Finals |

5:00 pm

### FINALS

Girls 3200 Meter Relay  
Boys 3200 Meter Relay

### RUNNING EVENT FINALS – HOT HEATS

Girls 100 Meter Intermediate Hurdles  
Boys 110 Meter High Hurdles  
Girls 100 Meter Dash  
Boys 100 Meter Dash  
Girls 800 Meter Relay  
Boys 800 Meter Relay  
Girls 1600 Meter Run  
Boys 1600 Meter Run  
Girls 400 Meter Relay  
Boys 400 Meter Relay  
Girls 400 Meter Dash  
Boys 400 Meter Dash  
Girls 300 Meter Low Hurdles  
Boys 300 Meter Intermediate Hurdles  
Girls 800 Meter Run  
Boys 800 Meter Run  
Girls 200 Meter Dash  
Boys 200 Meter Dash  
Girls 3200 Meter Run  
Boys 3200 Meter Run  
Girls 1600 Meter Relay  
Boys 1600 Meter Relay