2023 Track and Field

 Pre-Meets - Start time 3:30pm

● Pre-Meet #1 - April 18 (Raindate is April 25)

● Pre-Meet #2 - May 2 ○ HOST - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

● Pre-Meet #3 - May 9 ○ HOST - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4) Invitational Meets

● Forest City Prep Meet, London April 26

● CK Relays April 29

● Lancer Prep, Windsor, May 6

● LKSSAA - Start time NOON May 16-17 @ CKSS

● SWOSSAA Start time @ NOON May 24 @ CKSS ○ May 25 @ University of Windsor

● Regionals Start time - 1pm PV, 2pm all other athletes ○ June 2-3 @ Jacob Hespler in Cambridge

● Ofsaa June 8-10 @ Ottawa Terry Fox Complex