

**2025 Track and Field  
Competition Dates**

Competitions	Date	Location/Convenor	Advancement Criteria	Entries Deadlines
Zone 2 Championships	Wednesday May 14th	Niagara Olympic Club	*top 4 individuals and top 4 relay teams advance to SOSSA	OFSSA Hub and Entry Deadline TBA
<a href="#">SOSSA Championships</a>	Wed. May 20st (1-5pm) Thurs. May 21st all day	Welland Centennial SS SOSSA Convenor Brent Mergl brent.mergl@dsbn.org	Top 5 individuals and top 5 relay teams advance to South Regional	
South Regional	Wed. May 28th (1-5pm) Thurs. May 29th (all day)	Welland Centennial SS SOSSA Convenor Brent Mergl brent.mergl@dsbn.org	Top 4 individuals and top 4 relay teams advance to OFSAA	
<a href="#">OFSAA</a>	Thursday to June 5th to Saturday June 7th	York University Convenor Metro		