

Athletics NS Provincial Chamionships
Saturday July 14th - Pioneer Coal Athletics Field



Time	Track	Entries	Round	Field Events		
1:00	80mH F/M – Bantam 30"		Prelims	1:00	Hammer	Male
1:05	80mH F – Midget 30"		Prelims	1:00	High Jump	Male
1:10	80mH F- Midget - Pent 30"		Multi	1:30	Long Jump	Female
1:15	100mH F – Hept (1)		Multi	2:15	High Jump - Pent/Hep	M/F
1:20	100mH F – Youth 30"		Prelims	2:30	Shot Put	Female
1:25	100mH F – Jr-Sen 33"		Prelims	3:30	Shot Put - Pent/Hep	M/F
1:30	100mH M- Midget- Pent 33"		Multi	4:00	High Jump	Female
1:35	100mH M- Midget 33"		Prelims	4:00	Long Jump	Male
1:45	110mH M- Youth 36"		Prelims	4:15	Shot Put	Male
1:50	110mH M – Junior 39"		Prelims	4:15	Javelin	Female
1:55	110mH M – Senior 42"		Prelims	4:30	Long Jump - Pent	Male
2:00	80mH F/M – Bantam 30"		Finals	6:00	Hammer	Female
2:10	80mH F – Midget 30"		Finals			
2:15	100mH F – Youth 30"		Finals			
2:20	100mH F – Jr-Sen 33"		Finals			
2:25	100mH M- Midget 33"		Finals			
2:30	110mH M- Youth 36"		Finals			
2:35	110mH M – Junior – 39"		Finals			
2:40	110mH M – Senior 42"		Finals			
2:50	400m F Youth,Jun,Sen, Mas.		Finals			
3:10	400m M Youth,Jun,Sen, Mas.		Finals			
3:30	300m F – Midget		Finals			
3:40	300m M - Midget		Finals			
3:50	100m F – All		Prelims			
4:15	100m M – All		Prelims			
4:40	Track Break					
5:00	800m -F-Pent		Multi			
5:05	1000m-M-Pent		Multi			
5:10	200m F Heptathlon(4)		Multi			
5:20	800m F – All		Finals			
5:40	800m M- All		Finals			
6:00	80m F/M – Bantam	No Blocks	Finals			
6:05	100m F – Midget		Finals			
6:10	100m M – Midget		Finals			
6:15	100m F - Youth		Finals			
6:20	100m M – Youth		Finals			
6:25	100m F - Jun,Sen,Mas		Finals			
6:35	100m M - Jun,Sen,Mas		Finals			
6:45	2000m F – Midget		Finals			
6:55	2000m M – Midget		Finals			
7:05	3000m F – All		Finals			
7:15	3000m M - All		Finals			
7:30	5000m Mixed Jun,Sen,Mas		Finals			
7:45	4 x 100 relay – F All		Finals			
7:50	4 x 100 relay – M All		Finals			

Athletics NS Provincial Chamionships
Sunday July 15th - Pioneer Coal Athletics Field

Time	Track	Entries	Round	Field Events		
9:00	1500m SC – M/F Midget	No water	Finals	9:00	Javelin	Male
9:10	2000m SC-F-Youth-Senior		Finals	9:30	Long Jump - Hep	Female
9:20	2000m SC-M-Youth		Finals	10:30	Triple Jump	Male
9:35	3000m SC-M-Jun,Sen,Mas		Finals	10:30	Javelin - Hep	Female
9:50	3000m SC-F-Jun,Sen,Mas		Finals	11:00	Discus	Female
10:00	60m F/M RJT (1)	No Blocks	Multi	12:00	Triple Jump	Female
10:05	150m F – Bantam		Finals	12:30	Discus	Male
10:10	150m M – Bantam		Finals	10:30	Long Jump - RJTW	M/F
10:35	200m F- Mid,Yth,Jun,Sen,Mas		Prelims	11:30	Shot Put - RJTW	M/F
11:05	200m M – Mid,Yth,Jun,Sen,Mas		Prelims			
11:20	1500m F-Youth,Jun.,Sen.		Finals			
11:35	1500m M-Youth,Jun.,Sen.		Finals			
11:45	1200m F - Bantam/Midget		Finals			
11:55	1200m M - Bantam/Midget		Finals			
12:00	200m F – Midget		Finals			
12:05	200m M – Midget		Finals			
12:10	200m F – Youth		Finals			
12:15	200m M – Youth		Finals			
12:20	200m F – Jun,Sen,Mas		Finals			
12:30	200m M – Jun,Sen,Mas		Finals			
12:40	600m - RJT (4)		Multi			
12:50	800m F – Hept(7)		Multi			
13:00	200mh F – Bantam/Midget 30"		Finals			
13:05	200mh M – Bantam/Midget 30"		Finals			
13:15	400mh F - Youth, Jun.,Sen. 30"		Finals			
13:25	400mh M - Youth 33"		Finals			
13:40	400mh M-Jun.-Sen 36"		Finals			
13:55	4 x 400 relay – F All		Finals			
14:10	4 x 400 relay – M All		Finals			