



2022 Athletics NS Last Chance - Dec 3rd - Final Schedule

Event	Gender	Age	Time	Event	Gender	Age	Time
60mH	F	Masters (30")	01:00:00				
60mH	F	U14(30"), U16 (30")	01:05:00	High Jump	F	All	9:30
60mH	F	U18 (30")	01:10:00	High Jump	M	All	11:30
60mH	F	U20,Senior, University (33")	01:15:00	Long Jump	M	All	9:30
60mH	M	Senior, University(42")	01:25:00	Long Jump	F	All	11:30
60m	F	U14, U16, U18, U20, Open, M	01:40:00	Triple Jump	F/M	All	3:30
60m	M	U14, U16, U18, U20, Open, M	02:10:00				
400m	F	U18, U20,Masters	02:45:00				
400m	M	U18, U20,Masters	02:50:00				
300m	F	U16	03:00:00				
300m	M	U16	03:05:00				
300m	F	University	03:15:00				
300m	M	University	03:25:00				
TB		Track Break	03:35:00				
1500m	F	U18, Masters, University	04:15:00				
1500m	M	U18, Masters, University	04:25:00				
1200m	F	U14, U16	04:35:00				
1200m	M	U14, U16	04:45:00				
1000m	F	University	04:55:00				
1000m	M	University	05:05:00				
200m	F	U16, U18, U20, Open, Master	05:15:00				
200m	M	U16, U18, U20, Open, Master	05:30:00				
150m	M/F	U14	05:45:00				
800m	F	U14, U16, U18, U20, Open, M	05:50:00				
800m	M	U14, U16, U18, U20, Open M	05:55:00				
600m	F	University	06:05:00				
600m	M	University	06:15:00				
3000m	F	U18, Masters, University	06:25:00				
3000m	M	U18, Masters, University	06:40:00				