## Athletics NS Legion Trials and Open Meet Saturday July 8th - Pioneer Coal Athletics Field



M/F

M/F

Female

Male

M/F

Female M

Female

Male

Male

**Female** 

M/F

M/F

M/F

Time	Track	Notes	Round	Field Events		
12:00	80mH F – U14 30"		Prelims			
12:05	80mH M – U14 30"		Prelims	12:00	Hammer	
12:10	80mH F – U16 30"		Prelims	1:00	High Jump - Pent/Her	
12:20	100mH F - Hept (1)		Multi	12:45	Long Jump	
12:20	100mH F – U18 30"		Prelims	2:00	High Jump	
12:30	100mH M- U16 Pent 33"		Multi	2:00	Shot Put - Pent/Hep	
12:30	100mH M- U16 33"		Prelims	2:45	Shot Put	
12:40	110mH M- U18 36"		Prelims	3:00	Long Jump - Pent	
12:55	80mH F – U14 30"		Finals	4:00	High Jump	
13:00	80mH M – U14 30"		Finals	4:00	Long Jump	
13:05	80mH F – U16 30"		Finals	4:15	Shot Put	
13:15	100mH F – U18 30"		Finals	5:30	Javelin	
13:25	100mH M- U16 33"		Finals	1:30	Seated Shot Put	
13:35	110mH M- U18 36"		Finals	1:45	Seated Discus	
13:45	400m F U18-20, Open, Mas.		Finals	2:00	Seated Javelin	
13:55	400m M U18-20, Open, Mas.		Finals			
14:05	300m F – U16		Finals			
14:15	300m M - U16		Finals			
14:30	100m F – All		Prelims			
14:45	100m M – All		Prelims			
15:10	200m - F-Hept		Multi			
15:15	Track Break					
16:00	1500m F- U18-20, Open, Mas		Finals			
16:15	1500m M- U18-20, Open, Mas		Finals			
16:20	1000m - M-Pent		Multi			
16:25	1200m F - U14-16		Finals			
16:35	1200m M - U14-16		Finals			
16:45	80m F – U14	No Blocks	Finals			
16:50	100m F – U16		Finals			
16:55	100m F - U18		Finals			
17:00	100m F - U20, Open, Mas		Finals			
17:05	100m M – U16		Finals			
17:10	100m M – U18		Finals			
17:15	100m M - U20, Open, Mas		Finals			

## Athletics NS Legion Trials and Open Meet Sunday July 9th - Pioneer Coal Athletics Field

Sunday July 9th - Pioneer Coal Athletics Field										
Time	Track	Notes	Round	Field Events						
9:00	1500m SC – F U16	No water	Finals	9:00	Javelin	Male				
9:10	1500m SC – M U16	No water	Finals	9:30	Long Jump - Hep	Female				
9:20	2000m SC-F- U18		Finals	10:30	Triple Jump	Male				
9:35	3000m SC-F- U20, Open ,Mas		Finals	10:45	Javelin - Hep	Female				
9:55	2000m SC-M- U18		Finals	11:30	Discus	Female				
10:15	3000m SC-M- U20,Open,Mas		Finals	12:00	Triple Jump	Female				
10:30	60m F/M Tetrathlon (1)	No Blocks	Multi	1:00	Discus	Male				
10:40	150m F – U14	No Blocks	Finals	11:00	Long Jump - Tetrathlon	M/F				
10:45	150m M – U14	No Blocks	Finals	12:00	Shot Put - Tetrathlon	M/F				
10:50	200m F- U16-20, Open, Mas		Prelims							
11:05	200m M - U16-20, Open, Mas		Prelims							
11:25	3000m F – All		Finals							
11:40	3000m M - All		Finals							
11:55	800m F – Hept(7)		Multi	1						
12:00	2000m F – U16		Finals	1						
12:10	2000m M – U16		Finals	1						
12:20	Track Break									
13:00	600m - Tetrathlon (4)		Multi							
13:20	200m F – U16		Finals							
13:25	200m F – U18		Finals							
13:30	200m F – U20, Open, Mas		Finals							
13:35	200m M – U16		Finals							
13:40	200m M – U18		Finals	_						
13:45	200m M – U20, Open, Mas		Finals							

Finals

Finals

Finals

Finals

Finals

Finals

Finals

13:55

14:10

14:30

14:35

14:45

15:00

15:10

800m F – All

800m M- All

200mh F - U14-16 30"

200mh M - U14-16 30"

400mh F - U18, U20, Open. 30"

400mh M - U18 33"

400mh M- U20, Open 36"