

Athletics NS Legion Trials and Open Meet
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			
12:00	2000m F – U16		Finals			
12:10	2000m M – U16		Finals			
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			
13:55	800m F – All		Finals			
14:10	800m M- All		Finals			
14:30	200mh F – U14-16 30"		Finals			
14:35	200mh M – U14-16 30"		Finals			
14:45	400mh F - U18, U20, Open. 30"		Finals			
15:00	400mh M - U18 33"		Finals			
15:10	400mh M- U20, Open 36"		Finals			