



2023 Athletics NS Last Chance - Dec 2nd - Final Schedule

Event	Gender	Age	Time	Event	Gender	Age	Time
60mH	F	U14(30"), Masters (30")	01:00:00	High Jump	F	All	9:15
60mH	F	U16 (30")	01:05:00	High Jump	M	All	11:00
60mH	F	U18 (30")	01:10:00	Long Jump	M	All	9:15
60mH	F	U20,Senior, University (33")	01:20:00	Long Jump	F	All	11:30
60mH	M	U18 (36")	01:30:00	Triple Jump	F/M	All	4:15
60mH	M	Senior, University(42")	01:35:00				
60m	F	U14, U16, U18, U20, Open, M	01:45:00	Shot Put	M/F	Tetrathlon	2:30
60m	F/M	Tetrathlon	02:15:00	Long Jump	M/F	Tetrathlon	3:00
60m	M	U14, U16, U18, U20, Open, M	02:20:00				
400m	F	U18, U20, Masters	03:00:00				
400m	M	U18, U20, Masters	03:05:00				
300m	F	U16	03:15:00				
300m	M	U16	03:20:00				
600m	F/M	Tetrathlon	03:30:00				
300m	F	University	03:35:00				
300m	M	University	03:55:00				
Track Break			04:30:00				
1500m	F	U18, Masters, University	05:10:00				
1500m	M	U18, Masters, University	05:20:00				
1200m	F	U14, U16	05:30:00				
1200m	M	U14, U16	05:40:00				
1000m	F	University	05:45:00				
1000m	M	University	05:55:00				
200m	F	U16, U18, U20, Open, Master	06:00:00				
200m	M	U16, U18, U20, Open, Master	06:20:00				
150m	M/F	U14	06:50:00				
800m	F	U16, U18, U20, Open, Master	07:00:00				
800m	M	U16, U18, U20, Open, Master	07:05:00				
600m	F	University	07:10:00				
600m	M	University	07:15:00				
2000m	F/M	U16	07:25:00				
3000m	F	U18, Masters, University	07:35:00				
3000m	M	U18, Masters, University	07:50:00				