



2023 Athletics NS Indoor Open - January 19-20 - Final Schedule

Friday, January 19th

Event	Gender	Age	Time	Event	Gender	Age	Time
2000m	F	U14, U16	7:00 PM	High Jump	F	All	6:00 PM
2000m	M	U14, U16	7:10 PM	Long Jump	M	All	6:00 PM
3000m	F	U18, U20, Univ. Open, Master	7:25 PM				
3000m	M	U18, U20, Univ. Open, Master	7:55 PM				

Saturday, January 20th

Event	Gender	Age	Time	Event	Gender	Age	Time
60mH	F	U16 (30")	12:00 PM	High Jump	M	All	9:30 AM
60mH	F	U18 (30")	12:05 PM	Long Jump	F	All	9:30 AM
60mH	F	U20, Senior, University (33")	12:15 PM				
60mH	M	U18 (36")	12:30 PM	Triple Jump	F/M	All	3:00 PM
60mH	M	Senior, University (42")	12:35 PM				
60m	F	Tetrathlon (All)	12:45 PM	Shot Put	F/M	Tetrathlon	1:15 PM
60m	M	Tetrathlon (All)	12:50 PM	Long Jump	F/M	Tetrathlon	2:00 PM
60m	F	U14, U16, U18, U20, Open, U	12:55 PM				
60m	M	U14, U16, U18, U20, Open, U	1:30 PM				
1000m	F	University	2:05 PM				
1000m	M	University	2:15 PM				
400m	F	U18, U20, Open, Masters	2:25 PM				
400m	M	U18, U20, Open, Masters	2:35 PM				
600m	F	Tetrathlon (All)	2:45 PM				
600m	M	Tetrathlon (All)	2:55 PM				
		Track Break	3:05 PM				
600m	F	University	3:45 PM				
600m	M	University	3:55 PM				
1200m	F	U14, U16	4:05 PM				
1200m	M	U14, U16	4:15 PM				
1500m	F	U18, U20, Open, Masters	4:25 PM				
1500m	M	U18, U20, Open, Masters	4:50 PM				
150m	F	U14	5:10 PM				
300m	F	U14, U16	5:15 PM				
300m	M	U16	5:20 PM				
300m	F	University	5:25 PM				
300m	M	University	5:40 PM				
800m	F	U14, U16, U18, U20, Open, M	6:00 PM				
800m	M	U14, U16, U18, U20, Open, M	6:10 PM				
200m	F	U16, U18, U20, Open, Master	6:15 PM				
200m	M	U16, U18, U20, Open, Master	6:30 PM				