Athletics Nova Scotia

Athletics NS Warm-up - Final Schedule								
Event	**Gender**	**Age**	**Heats**	**Time**	**Event**	**Gender**	**Age**	**Time**
80mH 30"	F	U16	TSF	10:00	High Jump	F	ALL	10:00
100mH 30'	F	U18	TSF	10:10	High Jump	M	ALL	12:30
100mH 33'	F	U20	TSF	10:20				
110mH 36'	M	U18	TSF	10:30	Long Jump	M	ALL	9:30
2000m	F	U14, U16	TSF	10:45	Long Jump	F	U14	12:00
2000m	M	U14, U16	TSF	11:00	Long Jump	F	U16-Master	1:30
3000m	F	U18, U20, Open, Masters	TSF	11:15				
3000m	M	U18, U20, Open, Masters	TSF	11:30	Triple Jump	M&F	ALL	3:30
60m	F	Tetrathlon	Multi	11:45				
60m	M	Tetrathlon	Multi	11:50	Long Jump	M&F	Tetrathlon	12:00
800m	F	U16, U18, U20, Open, Mas	TSF	12:00	Shot Put	M&F	Tetrathlon	12:45
800m	M	U16, U18, U20, Open, Mas	TSF	12:10				
80m	F	U14	TSF	12:25				
80m	M	U14	TSF	12:40	Hammer	M&F	ALL	9:00
100m	F	U16, U18, U20, Open, Mas	TSF	12:50				
100m	M	U16, U18, U20, Open, Mas	TSF	13:10	Shot Put	F	U14-U16	9:45
600m	M&F	Tetrathlon	Multi	13:35	Shot Put	F	U18-Master	11:15
		Track Break		13:50	Shot Put	M	ALL	12:15
400m	F	U16, U18, U20, Open, Mas	TSF	14:30				
400m	M	U16, U18, U20, Open, Mas	TSF	14:35	Discus	M	ALL	10:30
300m	F	U14, U16	TSF	14:45	Discus	F	ALL	12:00
300m	M	U14, U16	TSF	14:50				
1500m	F	U18, U20, Open, Masters	TSF	15:00	Javelin	M	ALL	2:00
1500m	M	U18, U20, Open, Masters	TSF	15:10	Javelin	F	ALL	4:00
1200m	F	U14, U16		15:20				
1200m	M	U14, U16		15:30				
150m	F	U14	TSF	15:50				
150m	M	U14	TSF	16:00				
200m	F	U16, U18, U20, Open, Mas	TSF	16:10				
200m	M	U16, U18, U20, Open, Mas	TSF	16:25				
200mH	F	U16	TSF	16:45				
400mH	F	U18	TSF	16:55				
400mH	M	U18	TSF	17:05				