## **Athletics NS Outdoor Open** Saturday, June 22nd



Male Female F Female F Male Female F Female Male Male Female

Time	Track	Note	Round	Field Events					
12:00	80mH F – U14 30"	11000	Prelims	11:00	Hammer				
12:05	80mH M – U14 30"		Prelims	12:30	Hammer				
12:10	80mH F – U16 30"		Prelims	1:00	High Jump - Pent/Hep				
12:15	80mH F- U16 - Pent 30"		Multi	1:00	Long Jump				
12:25	100mH F - Hept (1)		Multi	2:15	Shot Put - Pent/Hep	•			
12:30	100mH F – U18 30"		Prelims	2:30	High Jump	•			
12:40	110mH M- U18 36"		Prelims	3:00	Shot Put	•			
13:00	80mH F – U14 30"		Finals	3:00	Long Jump - Pent				
13:05	80mH M – U14 30"		Finals	4:00	High Jump				
13:10	80mH F – U16 30"		Finals	4:00	Long Jump	•			
13:20	100mH F – U18 30"		Finals	4:00	Shot Put	•			
13:30	110mH M- U18 36"		Finals	5:30	Javelin				
13:45	400m F U18-20, Open, Mas.		Finals						
13:50	400m M U18-20,Open, Mas.		Finals			•			
14:00	300m F – U16		Finals						
14:05	300m M - U16		Finals						
14:15	100m F – All		Prelims						
14:25	100m M – All		Prelims						
14:45	Track Break								
15:15	800m F – All		Finals						
15:25	800m M- All		Finals						
15:40	200m F Heptathlon(4)		Multi						
15:45	80m F – U14	No Blocks	Finals						
15:50	80m M – U14	No Blocks	Finals						
15:55	100m F – U16		Finals						
16:00	100m F - U18		Finals						
16:05	100m F - U20, Open, Mas		Finals						
16:10	100m M – U16		Finals						
16:15	100m M – U18		Finals						
16:20	100m M - U20, Open, Mas		Finals						
16:30	800m -F-Pent		Multi						
16:35	2000m F – U16		Finals						
16:45	2000m M – U16		Finals						
16:55	3000m F – All		Finals						
17:10	3000m M - All		Finals						
17:30	1500m RaceWalk		Finals						
17:45	5000m & 5000m RW		Finals						
18:30	4 x 100 relay – F All		Finals						
18:40	4 x 100 relay – M All		Finals						
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## Athletics NS Outdoor Open Sunday, June 23rd

Field Events

Javelin Long Jump - Hep

Triple Jump

Javelin - Hep

Discus

Triple Jump

Discus

Long Jump - Tetra

Shot Put - Tetra

Long Jump - Tetra Shot Put - Tetra Male

Female

Male

Female

Male

Female

Female

Μ

F

M

	Sullday, Julie 231d						
Time	Tuesk	Note	Round				
<b>Time</b> 9:30	<b>Track</b> 1500m SC – F U16	Note No water	Finals	9:00			
9:40	1500m SC – M U16	No water	Finals	9:30			
10:00	2000m SC-F- U18	No water	Finals	10:30	-		
10:20	2000m SC-M- U18	N 51 1	Finals	10:45	_		
10:35	60m F/M Tetrathlon (1)	No Blocks	Multi	11:30			
10:55	150m F – U14	No Blocks	Finals	12:00			
11:00	150m M – U14	No Blocks	Finals	1:30			
11:05	200m F- U16-20, Open, Mas		Prelims	11:15			
11:15	200m M – U16-20, Open, Mas		Prelims	11:15			
11:30	1500m F- U18-20, Open, Mas		Finals	12:15			
11:40	1500m M- U18-20, Open, Mas		Finals	12:15			
11:50	1200m F - U14-16		Finals				
11:55	1200m M - U14-16		Finals				
12:05	Track Break						
12:45	800m F – Hept(7)		Multi				
12:55	200m F – U16		Finals				
13:00	200m F – U18		Finals				
13:05	200m F - U20, Open, Mas		Finals				
13:15	200m M – U16		Finals				
13:20	200m M – U18		Finals				
13:25	200m M – U20, Open, Mas		Finals				
13:35	600m - Tetrathlon (4)		Multi				
14:00	200mh F – U14-16 30"		Finals				
14:10	400mh F - U18, U20, Open. 30"		Finals				
14:25	400mh M - U18 33"		Finals				
14:25	400mh M- U20, Open 36"		Finals	1			
14:40	Medley relay – F All		Finals				
14:45	Medley relay – M All		Finals				
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