



2024 Athletics NS Last Chance Meet - Tentative Schedule

Event	Gender	Age	Time	Event	Gender	Age	Time
60mH	M/F	U14(30"), U16 (30")	12:30:00	High Jump	F	All	9:00
60mH	F	U16 (30")	12:40:00	High Jump	M	All	11:00
60mH	F	U18 (30")	12:50:00	Long Jump	M	All	9:00
60mH	F	U20,Senior, University (33")	13:00:00	Long Jump	F	All	11:15
60mH	M	U16 (33")	13:10:00	Triple Jump	F/M	All	5:00
60mH	M	U18 (36"), U20 (39")	13:20:00				
60mH	M	Senior, University(42")	13:25:00	Shot Put	M/F	Tetrathlon	2:15
60m	F	Tetrathlon	13:35:00	Long Jump	M/F	Tetrathlon	3:00
60m	M	Tetrathlon	13:45:00				
60m	F	U14, U16, U18, U20, Open, M	13:55:00				
60m	M	U14, U16, U18, U20, Open, M	14:25:00				
400m	F	U18, U20,Masters	14:55:00				
400m	M	U18, U20,Masters	15:05:00				
300m	F	U16	15:15:00				
300m	M	U16	15:25:00				
300m	F	University	15:35:00				
300m	M	University	15:55:00				
600m	F	Tetrathlon	16:15:00				
600m	M	Tetrathlon	16:25:00				
3000m RW	F/M	All	16:35:00				
Track Break			16:55:00				
1500m	F	U18, Masters, University	17:25:00				
1500m	M	U18, Masters, University	17:35:00				
1200m	F	U14, U16	17:45:00				
1200m	M	U14, U16	17:55:00				
1000m	F	University	18:05:00				
1000m	M	University	18:15:00				
200m	F	U16, U18, U20, Open, Master	18:25:00				
200m	M	U16, U18, U20, Open, Master	18:35:00				
150m	M/F	U14	18:45:00				
800m	F	U16, U18, U20, Open, Master	18:55:00				
800m	M	U16, U18, U20, Open, Master	19:05:00				
600m	F	University	19:15:00				
600m	M	University	19:20:00				
4x200m	F	All	19:30:00				
4x200m	M	All	19:40:00				
2000m	F/M	U16	19:50:00				
3000m	F	U18, Masters, University	20:05:00				
3000m	M	U18, Masters, University	20:20:00				