



2024 Athletics NS Last Chance Meet - Final Schedule

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