Athletics Nova Scotia

Athletics NS Warm-up - Tentative Schedule								
Event	**Gender**	**Age**	**Heats**	**Time**	**Event**	**Gender**	**Age**	**Time**
80mH 30"	F/M	U14	TSF	10:00	High Jump	F	ALL	11:00
80mH 30"	F	U16	TSF	10:05	High Jump	M	ALL	1:00
100mH 30'	F	U18	TSF	10:10				
100mH 33'	F	U20/Open/Masters	TSF	10:15	Long Jump	M	ALL	10:00
100mH 33'	M	U16	TSF	10:25				
110mH 36'	M	U18	TSF	10:30	Long Jump	M&F	Tetrathlon	12:00
110mH 39'	M	U20	TSF	10:40	Long Jump	F	ALL	1:00
110mH 42'	M	Open, Masters	TSF	10:45				
2000m	F/M	U14, U16	TSF	10:55	Triple Jump	M&F	ALL	3:30
3000m	F	U18, U20, Open, Masters	TSF	11:05				
3000m	M	U18, U20, Open, Masters	TSF	11:20				
60m	F	Tetrathlon	Multi	11:35	Hammer	Mixed	ALL	9:00
60m	M	Tetrathlon	Multi	11:45	Shot Put	M&F	ALL	10:30
800m	F	U16, U18, U20, Open, Mas	TSF	11:55	Shot Put	M&F	Tetrathlon	12:45
800m	M	U16, U18, U20, Open, Mas	TSF	12:05	Javelin	M&F	ALL	1:00
80m	F	U14	TSF	12:15	Discus	M&F	ALL	3:00
80m	M	U14	TSF	12:25				
100m	F	U16, U18, U20, Open, Mas	TSF	12:35				
100m	M	U16, U18, U20, Open, Mas	TSF	13:00				
		Track Break		13:25				
600m	M&F	Tetrathlon	Multi	13:55				
400m	F	U16, U18, U20, Open, Mas	TSF	14:10				
400m	M	U16, U18, U20, Open, Mas	TSF	14:20				
300m	F	U14, U16	TSF	14:30				
300m	M	U14, U16	TSF	14:35				
1500m	F	U18, U20, Open, Masters	TSF	14:40				
1500m	M	U18, U20, Open, Masters	TSF	14:55				
1200m	F/M	U14, U16	TSF	15:10				
150m	F	U14	TSF	15:20				
150m	M	U14	TSF	15:30				
200m	F	U16, U18, U20, Open, Mas	TSF	15:40				
200m	F	U16, U18, U20, Open, Mas	TSF	16:00				