



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	11:00	Triple Jump	M&F	ALL	3:30
3000m	F	U18, U20, Open, Masters	TSF	11:10				
3000m	M	U18, U20, Open, Masters	TSF	11:25	Hammer	Mixed	ALL	9:00
60m	F	Tetrathlon	Multi	11:40	Shot Put	M&F	ALL	10:30
60m	M	Tetrathlon	Multi	11:50	Shot Put	M&F	Tetrathlon	12:45
800m	F	U16, U18, U20, Open, Mas	TSF	12:00	Javelin	M&F	ALL	1:00
800m	M	U16, U18, U20, Open, Mas	TSF	12:10	Discus	M&F	ALL	3:00
80m	F	U14	TSF	12:20				
80m	M	U14	TSF	12:30				
100m	F	U16, U18, U20, Open, Mas	TSF	12:40				
100m	M	U16, U18, U20, Open, Mas	TSF	13:05				
		Track Break		13:30				
600m	M&F	Tetrathlon	Multi	14:00				
400m	F	U16, U18, U20, Open, Mas	TSF	14:15				
400m	M	U16, U18, U20, Open, Mas	TSF	14:25				
Uni. Relay	M&F	Universal Relay - Para	TSF	14:40				
300m	F	U14, U16	TSF	14:50				
300m	M	U14, U16	TSF	14:55				
1500m	F	U18, U20, Open, Masters	TSF	15:00				
1500m	M	U18, U20, Open, Masters	TSF	15:15				
1200m	F/M	U14, U16	TSF	15:30				
150m	F	U14	TSF	15:40				
150m	M	U14	TSF	15:50				
200m	F	U16, U18, U20, Open, Mas	TSF	16:00				
200m	M	U16, U18, U20, Open, Mas	TSF	16:20				