



Athletics NS Warm-up - Final Schedule

Event	Gender	Age	Round	Time	Event	Gender	Age	Time
80mH 30"	F	U14	TSF	11:00	High Jump	F	ALL	10:15
80mH 30"	F	U16	TSF	11:05	High Jump	M	ALL	11:45
100mH 30"	F	U18	TSF	11:15				
100mH 33"	F	U20	TSF	11:25	Long Jump	M	ALL	10:00
100mH 33"	M	U16	TSF	11:30	Long Jump	F	ALL	12:00
60m	F	Tetrathlon	Multi	11:45	Triple Jump	M&F	ALL	2:45
60m	M	Tetrathlon	Multi	11:50				
3000m	F	U18, U20, Open, Masters	TSF	12:00	Long Jump	M&F	Tetrathlon	12:15
3000m	M	U18, U20, Open, Masters	TSF	12:15	Shot Put	M&F	Tetrathlon	1:00
800m	F	U16, U18, U20, Open, Mas	TSF	12:35				
800m	M	U16, U18, U20, Open, Mas	TSF	12:40	Hammer	M&F	ALL	9:00
80m	F	U14	TSF	12:50	Shot Put	M&F	ALL	10:30
80m	M	U14	TSF	12:55	Javelin	M&F	ALL	12:30
100m	F	U16, U18, U20, Open, Mas	TSF	13:00	Discus	M&F	ALL	2:30
100m	M	U16, U18, U20, Open, Mas	TSF	13:20				
100m	M	Wheelchair	TSF	13:45				
600m	M&F	Tetrathlon	Multi	13:50				
		Track Break		14:05				
400m	F	U16, U18, U20, Open, Mas	TSF	14:45				
400m	M	U16, U18, U20, Open, Mas	TSF	14:50				
Uni. Relay	M&F	Universal Relay - Para	TSF	15:05				
300m	F	U14, U16	TSF	15:15				
300m	M	U14, U16	TSF	15:20				
1500m	M	U18, U20, Open, Masters	TSF	15:30				
1200m	M	U14, U16	TSF	15:40				
150m	F	U14	TSF	15:50				
150m	M	U14	TSF	15:55				
200m	F	U16, U18, U20, Open, Mas	TSF	16:05				
200m	M	U16, U18, U20, Open, Mas	TSF	16:20				