

Athletics NS Outdoor Open
Saturday, June 21st



Time	Track	Note	Round	Field Events		
12:00	80mH F/M – U14 30"		Prelims	12:00	Hammer	M/F
12:05	80mH F – U16 30"		Prelims	12:45	High Jump - Pent/Hep	M/F
12:10	80mH F- U16 - Pent 30"		Multi	1:30	Long Jump	Female
12:15	100mH F – Hept (1)		Multi	2:00	High Jump	Male
12:20	100mH F – U18 30"		Prelims	2:00	Shot Put - Pent/Hep	M/F
12:25	100mH F – U20, Open 33"		Prelims	2:45	Shot Put	Female
12:30	100mH M- U16 33"		Prelims	3:00	Long Jump - Pent	M/F
12:40	110mH M- U18 36"		Prelims	4:00	High Jump	Female
12:45	110mH M – U20 39"		Prelims	4:00	Long Jump	Male
12:50	110mH M – Open 42"		Prelims	4:15	Shot Put	Male
12:55	80mH F/M – U14 30"		Finals	5:30	Javelin	Female
13:05	80mH F – U16 30"		Finals			
13:10	100mH F – U18 30"		Finals			
13:15	100mH F – U20, Open 33"		Finals			
13:20	100mH M- U16 33"		Finals			
13:25	110mH M- U18 36"		Finals			
13:30	110mH M – U20 – 39"		Finals			
13:35	110mH M – Open 42"		Finals			
13:45	400m F U18-20,Open, Mas.		Finals			
14:05	400m M U18-20,Open, Mas.		Finals			
14:25	300m F – U16		Finals			
14:35	300m M - U16		Finals			
14:45	100m F – All		Prelims			
15:10	100m M – All		Prelims			
15:35	Track Break					
15:55	800m -F-Pent		Multi			
16:00	200m F Heptathlon(4)		Multi			
16:10	800m F – All		Finals			
16:30	800m M- All		Finals			
16:50	80m F/M – U14	No Blocks	Finals			
16:55	100m F – U16		Finals			
17:00	100m M – U16		Finals			
17:05	100m F - U18		Finals			
17:10	100m M – U18		Finals			
17:15	100m F - U20, Open, Mas		Finals			
17:25	100m M - U20, Open, Mas		Finals			
17:35	2000m F – U16		Finals			
17:45	2000m M – U16		Finals			
17:55	3000m F – All		Finals			
18:05	3000m M - All		Finals			
18:20	3000m RaceWalk		Finals			
18:40	5000m		Finals			
19:00	4 x 100 relay – F All		Finals			
19:05	4 x 100 relay – M All		Finals			

Athletics NS Outdoor Open
Sunday, June 22nd

Time	Track	Note	Round	Field Events		
9:00	1500m SC – M/F U16	No water	Finals	9:00	Javelin	Male
9:10	2000m SC-F- U18-20,Open,Masters		Finals	9:30	Long Jump - Hep	Female
9:20	2000m SC-M- U18		Finals	10:30	Triple Jump	Male
9:35	3000m SC-M- U20,Open,Mas		Finals	10:30	Javelin - Hep	Female
9:50	3000m SC-F- U20, Open ,Mas		Finals	11:00	Discus	Female
10:00	60m F/M Tetrathlon (1)	No Blocks	Multi	12:00	Triple Jump	Female
10:05	150m F – U14	No Blocks	Finals	12:30	Discus	Male
10:10	150m M – U14	No Blocks	Finals			
10:35	200m F- U16-20, Open, Mas		Prelims	10:30	Long Jump - Tetra	M/F
11:05	200m M – U16-20, Open, Mas		Prelims	11:30	Shot Put - Tetra	M/F
11:20	1500m F- U18-20, Open, Mas		Finals			
11:35	1500m M- U18-20, Open, Mas		Finals	10:00	Seated Discus	M/F
11:45	1200m F - U14-16		Finals	12:30	Seated Shot Put	M/F
11:55	1200m M - U14-16		Finals	2:15	Seated Javelin	M/F
12:00	Track Break					
12:30	600m - RJT (4)		Multi			
12:40	800m F – Hept(7)		Multi			
12:50	200m F – U16		Finals			
12:55	200m M – U16		Finals			
13:00	200m F – U18		Finals			
13:05	200m M – U18		Finals			
13:10	200m F – U20, Open, Mas		Finals			
13:20	200m M – U20, Open, Mas		Finals			
13:30	200mh F – U14-16 30"		Finals			
13:35	200mh M – U14-16 30"		Finals			
13:45	300mh - M/F - Masters		Finals			
13:55	400mh F - U18, U20, Open. 30"		Finals			
14:10	400mh M - U18 33"		Finals			
14:15	400mh M- U20, Open 36"		Finals			
14:30	Medley relay – F All		Finals			
14:45	Medley relay – M All		Finals			