

Athletics NS Outdoor Open & Club Championships

Saturday, June 21st



Time	Track	Note	Round	Field Events		
11:30	80mH F – U14 30"		Prelims	12:00	Long Jump	F - U14-U16
11:35	80mH F – U16 30" & U16 Pent		Prelims/Multi	12:00	Hammer	M/F
11:45	100mH F – U18 30" & U18 Hept		Prelims/Multi	12:45	High Jump - Pent/Hep	M/F
11:55	100mH F – U20, Open & Hept	& Masters	Prelims/Multi	1:30	Long Jump	F - U18+
12:00	100mH M- U16 33" & U16 Pent		Prelims/Multi	2:00	High Jump	Male
12:15	110mH M- U18 36"		Prelims	2:15	Shot Put - Pent/Hep	M/F
12:20	110mH M – U20 39" & Open 42"		Prelims	2:45	Shot Put	Female
12:35	80mH F – U14 30"		Finals	3:30	Long Jump - Pent	M/F
12:45	80mH F – U16 30"		Finals	4:00	High Jump	Female
12:50	100mH F – U18 30"		Finals	4:45	Long Jump	Male
12:55	100mH F – U20, Open 33"		Finals	4:30	Shot Put	Male
13:00	100mH M- U16 33"		Finals	5:30	Javelin	Female
13:05	110mH M- U18 36"		Finals			
13:10	110mH M – U20 39" & Open 42"		Finals			
13:15	400m F U18-20, Open, Mas.		Finals			
13:20	400m M U18-20, Open, Mas.		Finals			
13:40	300m F – U16		Finals			
13:50	300m M - U16		Finals			
14:05	100m F – All		Prelims			
14:25	100m M – All		Prelims			
14:50	Track Break					
15:15	800m F – All		Finals			
15:25	800m M- All		Finals			
15:45	200m F Heptathlon(4)		Multi			
15:55	80m F – U14	No Blocks	Finals			
16:00	100m F – U16		Finals			
16:05	100m F - U18		Finals			
16:10	100m F - U20, Open, Mas		Finals			
16:20	100m M – U16		Finals			
16:25	100m M – U18		Finals			
16:35	100m M - U20, Open, Mas		Finals			
16:50	2000m F – U16		Finals			
17:00	2000m M – U16		Finals			
17:10	800m - F - Pent		Multi			
17:20	1000m - M - Pent		Multi			
17:25	3000m F – All		Finals			
17:40	3000m M - All		Finals			
17:55	3000m RaceWalk		Finals			
18:15	5000m - Mixed		Finals			
18:45	4 x 100 relay – F All		Finals			
19:00	4 x 100 relay – M All		Finals			

Athletics NS Outdoor Open & Club Championships
Sunday, June 22nd

Time	Track	Note	Round	Field Events		
9:00	1500m SC – M U16	No water	Finals	9:00	Javelin	Male
9:10	2000m SC-F- U18		Finals	9:15	Long Jump - Hep	Female
9:25	3000m SC-F- U20, Open		Finals	10:30	Triple Jump	Male
9:50	2000m SC-M- U18 & Masters		Finals	10:30	Javelin - Hep	Female
10:10	3000m SC-F- U20, Open ,Mas		Finals	11:15	Discus	Female
10:25	60m F Tetrathlon (1)	No Blocks	Multi	12:30	Triple Jump	Female
10:40	60m M Tetrathlon (1)	No Blocks	Multi	1:15	Discus	Male
10:55	150m F – U14	No Blocks	Finals			
11:05	200m F- U16-20, Open, Mas		Prelims	11:00	Long Jump - Tetra	Female
11:25	200m M – U16-20, Open, Mas		Prelims	11:00	Shot Put - Tetra	Male
12:00	1500m F- U18-20, Open, Mas		Finals	12:00	Long Jump - Tetra	Male
12:10	1500m M- U18-20, Open, Mas		Finals	12:00	Shot Put - Tetra	Female
12:20	1200m F - U14-16		Finals			
12:25	1200m M - U14-16		Finals			
12:35	Track Break					
13:05	800m F – Hept(7)		Multi			
13:15	600m - F Tetrathlon (4)		Multi			
13:30	600m - M Tetrathlon (4)		Multi			
13:40	200m F – U16		Finals			
13:45	200m F – U18		Finals			
13:50	200m F – U20, Open, Mas		Finals			
14:00	200m M – U16		Finals			
14:05	200m M – U18		Finals			
14:10	200m M – U20, Open, Mas		Finals			
14:30	200mh F – U14-16 30"		Finals			
14:35	200mh M – U14-16 30"		Finals			
14:45	400mh F - U18, U20, Open. 30"		Finals			
15:00	400mh M - All		Finals			
15:15	Medley relay – F All		Finals			
15:30	Medley relay – M All		Finals			