



2025 Athletics NS Indoor Last Chance - Tentative Schedule

Friday, January 17th

Event	Gender	Age	Time	Event	Gender	Age	Time
2000m	F	U14, U16	7:00 PM	High Jump	M	All	5:45 PM
2000m	M	U14, U16	7:10 PM	Long Jump	F	All	5:45 PM
3000m	F	U18, U20, Open, Masters	7:25 PM				
3000m	M	U18, U20, Open, Masters	7:40 PM				

Saturday, January 18th

Event	Gender	Age	Time	Event	Gender	Age	Time
60mH	M/F	U14 (30")	12:00 PM	High Jump	F	All	9:00 AM
60mH	F	U16 (30")	12:05 PM	Long Jump	M	All	9:00 AM
60mH	F	U18 (30")	12:10 PM				
60mH	F	U20, Senior, University (33")	12:20 PM	Triple Jump	F/M	All	3:15 PM
60mH	M	U16 (33")	12:20 PM				
60mH	M	U18 (36")	12:30 PM	Shot Put	F/M	Tetrathlon	2:00 PM
60mH	M	U20 (39")	12:35 PM	Long Jump	F/M	Tetrathlon	2:30 PM
60mH	M	Senior, University (42")	12:45 PM				
60m	F	U14, U16, U18, U20, Open, Masters	12:55 PM				
60m	F	Tetrathlon (All)	1:35 PM				
60m	M	Tetrathlon (All)	1:40 PM				
60m	M	U14, U16, U18, U20, Open, Masters	1:45 PM				
1000m	F	University	2:25 PM				
1000m	M	University	2:35 PM				
600m	F	Tetrathlon (All)	2:45 PM				
600m	M	Tetrathlon (All)	2:55 PM				
400m	F	U18, U20, Open, Masters	3:05 PM				
400m	M	U18, U20, Open, Masters	3:10 PM				
3000m RW	M	U18, U20, Open, Masters	3:25 PM				
		Track Break	3:45 PM				
150m	F	U14	4:15 PM				
150m	M	U14	4:20 PM				
1200m	F/M	U14, U16	4:25 PM				
1500m	F	U18, U20, Open, Masters	4:35 PM				
1500m	M	U18, U20, Open, Masters	4:50 PM				
300m	F	U16	5:10 PM				
300m	M	U16	5:15 PM				
300m	F	University	5:20 PM				
300m	M	University	5:35 PM				
200m	F	U16, U18, U20, Open, Master	5:50 PM				
200m	M	U16, U18, U20, Open, Master	6:05 PM				
800m	F	U14, U16, U18, U20, Open, M	6:15 PM				
800m	M	U14, U16, U18, U20, Open, M	6:30 PM				
600m	F	University	6:45 PM				
600m	M	University	7:00 PM				