



2025 Athletics NS Indoor Last Chance - Final Schedule

Friday, November 21st

Event	Gender	Age	Time	Event	Gender	Age	Time
2000m	F	U14, U16	7:00 PM	High Jump	M	All	5:30 PM
2000m	M	U14, U16	7:15 PM	Long Jump	F	U14-U18	5:30 PM
3000m	F	U18, U20, Open, Masters	7:25 PM	Long Jump	F	U20-Open	7:00 PM
3000m	M	U18, U20, Open, Masters	7:40 PM				
4x200m	F/M	U14, U16, U18, U20, Open, Masters	8:15 PM				

Saturday, November 22nd

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