



2026 Athletics NS Indoor Open - Tentative Schedule

Event	Gender	Age	Time	Event	Gender	Age	Time
60mH	F/M	U14(30")	12:30:00	High Jump	M	All	9:00
60mH	F	U16 (30")	12:35:00	High Jump	F	All	11:00
60mH	F	U18 (30")	12:40:00				
60mH	F	U20,Senior (33")	12:50:00	Long Jump	F	All	9:00
60mH	M	U16 (33")	12:55:00	Long Jump	M	All	11:00
60mH	M	U18 (36"), U20 (39")	13:00:00				
60mH	M	Senior (42")	13:05:00	Triple Jump	F/M	All	3:45
60m	F	Tetrathlon	13:15:00				
60m	M	Tetrathlon	13:25:00	Shot Put	M/F	Tetrathlon	1:45
60m	F	U14, U16, U18, U20, Open, Mas	13:35:00	Long Jump	M/F	Tetrathlon	2:30
60m	M	U14, U16, U18, U20, Open, Mas	14:00:00				
1500m	F	U18, U20, Senior, Masters	14:25:00				
1500m	M	U18, U20, Senior, Masters	14:35:00				
1200m	F	U14, U16	14:45:00				
1200m	M	U14, U16	14:55:00				
600m	F	Tetrathlon	15:05:00				
600m	M	Tetrathlon	15:10:00				
400m	F	U18, U20, Senior, Masters	15:15:00				
400m	M	U18, U20, Senior, Masters	15:25:00				
300m	F	U14, U16	15:35:00				
300m	M	U14, U16	15:40:00				
3000m RW	M	All	15:45:00				
Track Break			16:10:00				
4x200m	F	All	16:40:00				
4x200m	M	All	16:55:00				
2000m	F	U14, U16	17:10:00				
2000m	M	U14, U16	17:25:00				
3000m	F	U18, U20, Senior, Masters	17:40:00				
3000m	M	U18, U20, Senior, Masters	17:55:00				
200m	F	U14, U16, U18, U20, Open, Mas	18:10:00				
200m	M	U14, U16, U18, U20, Open, Mas	18:30:00				
150m	M/F	U14	18:50:00				
800m	M	U14, U16, U18, U20, Open, Mas	19:00:00				
800m	F	U14, U16, U18, U20, Open, Mas	19:10:00				