Athletics NS Warm-up - Tentative Schedule								
Event	**Gender**	**Age**	**Heats**	**Time**	**Event**	**Gender**	**Age**	**Time**
80mH 30"	F/M	U14	TSF	10:00	High Jump	F	ALL	11:00
80mH 30"	F	U16	TSF	10:05	High Jump	M	ALL	1:00
100mH 30"	F	U18	TSF	10:10				
100mH 33"	F	U20/Open/Masters	TSF	10:15	Long Jump	M	ALL	10:00
100mH 33"	M	U16	TSF	10:25				
110mH 36"	M	U18	TSF	10:30	Long Jump	M&F	Tetrathlon	12:15
110mH 39"	M	U20	TSF	10:40	Long Jump	F	ALL	1:00
110mH 42"	M	Open, Masters	TSF	10:45				
3000m	F	U18, U120, Open, Masters	TSF	11:00	Triple Jump	M&F	ALL	3:30
3000m	M	U18, U20, Open, Masters	TSF	11:15				
2000m	F/M	U14, U16	TSF	11:35	Hammer	M&F	ALL	9:00
60m	F	U14 Tetrathlon	Tetra	11:50	Shot Put	M&F	ALL	10:30
60m	M	U14 Tetrathlon	Tetra	12:00				
4x100m	F	U16, U18, U20, Open, Mas	TSF	12:20				
4x100m	M	U16, U18, U20, Open, Mas	TSF	12:30				
		Track Break		12:45	Shot Put	M&F	Tetrathlon	12:45
600m	M&F	U14 Tetrathlon	Tetra	1:15				
800m	F	U16, U18, U20, Open, Mas	TSF	1:30	Javelin	M&F	ALL	1:00
800m	M	U16, U18, U20, Open, Mas	TSF	1:40	Discus	M&F	ALL	3:00
80m	F	U14	TSF	1:50				
80m	M	U14	TSF	2:05				
100m	F	U16, U18, U20, Open, Mas	TSF	2:15				
100m	M	U16, U18, U20, Open, Mas	TSF	2:30				
400m	F	U16, U18, U20, Open, Mas	TSF	2:45				
400m	M	U16, U18, U20, Open, Mas	TSF	2:55				
300m	F	U14, U16	TSF	3:05				
300m	M	U14, U16	TSF	3:10				
1500m	F	U18, U20, Open, Masters	TSF	3:15				
1500m	M	U18, U20, Open, Masters	TSF	3:30				
1200m	F/M	U14, U16	TSF	3:45				
200m	F	U16, U18, U20, Open, Mas	TSF	3:55				
200m	M	U16, U18, U20, Open, Mas	TSF	4:15				
150m	F	U14	TSF	4:35				
150m	M	U14	TSF	4:40				