



Athletics NS Warm-up - Tentative Schedule

Event	Gender	Age	Heats	Time	Event	Gender	Age	Time
80mH 30"	F/M	U14	TSF	10:00	Hammer	M&F	ALL	9:00
80mH 30"	F	U16	TSF	10:05				
100mH 30"	F	U18	TSF	10:10	High Jump	F	ALL	10:00
100mH 33"	F	U20/Open/Masters	TSF	10:15	Long Jump F1	M	U16 & U20+	10:00
100mH 33"	M	U16	TSF	10:25				
110mH 36"	M	U18	TSF	10:30	Shot Put	M	ALL	10:30
110mH 39"	M	U20	TSF	10:40				
110mH 42"	M	Open, Masters	TSF	10:45	Javelin	F	ALL	11:00
60m	F	U14 Tetrathlon	Tetra	11:00	Long Jump F2	M	U14 & U18	11:30
60m	M	U14 Tetrathlon	Tetra	11:10				
3000m	F	U18, U20, Open, Masters	TSF	11:30	Long Jump	M&F	Tetrathlon	11:45
3000m	M	U18, U20, Open, Masters	TSF	11:45				
2000m	F/M	U14, U16	TSF	12:05	Shot Put	F	ALL	12:00
3000m RW	F/M	U16, U18, U20, Open, Masters	TSF	12:05	Long Jump F1	F	U16 & U20+	12:00
4x100m	F	U16, U18, U20, Open, Masters	TSF	12:30				
4x100m	M	U16, U18, U20, Open, Masters	TSF	12:40	Shot Put	M&F	Tetrathlon	12:45
		Track Break		12:55				
800m	F	U16, U18, U20, Open, Masters	TSF	1:25	Javelin	M	ALL	1:00
800m	M	U16, U18, U20, Open, Masters	TSF	1:35				
600m	M&F	U14 Tetrathlon	Tetra	1:50	High Jump	M	ALL	1:30
80m	F	U14	TSF	2:00	Long Jump F2	F	U14 & U18	1:30
80m	M	U14	TSF	2:25				
100m	F	U16, U18, U20, Open, Masters	TSF	2:50	Discus	F	ALL	2:30
100m	M	U16, U18, U20, Open, Masters	TSF	3:00				
400m	F	U16, U18, U20, Open, Masters	TSF	3:15				
400m	M	U16, U18, U20, Open, Masters	TSF	3:25				
300m	F	U14, U16	TSF	3:40				
300m	M	U14, U16	TSF	3:45	Discus	M	ALL	4:00
1500m	F	U18, U20, Open, Masters	TSF	3:55	Triple Jump	M&F	ALL	4:00
1500m	M	U18, U20, Open, Masters	TSF	4:10				
1200m	F/M	U14, U16	TSF	4:30				
200m	F	U16, U18, U20, Open, Masters	TSF	4:45				
200m	M	U16, U18, U20, Open, Masters	TSF	4:55				
150m	F	U14	TSF	5:05				
150m	M	U14	TSF	5:25				

