Athletics NS Warm-up - FINAL Schedule										
Event	**Gender**	**Age**	**Heats**	**Heats**	**Time**		**Event**	**Gender**	**Age**	**Time**
80mH 30"	F	U16	TSF	1	10:00		Hammer	M&F	ALL	9:00
100mH 30"	F	U18	TSF	1	10:05					
100mH 33"	M	U16	TSF	1	10:10		High Jump	F	ALL	10:00
110mH 36"	M	U18	TSF	1	10:15		Long Jump F1	M	U16, U18, U20+	10:00
60m	F	U14 Tetrathlon	Tetra	2	10:30					
60m	M	U14 Tetrathlon	Tetra	1	10:40		Shot Put	M	ALL	10:30
3000m	F	U16, U18, U20, Open	TSF	1	10:50		Shot Put	M&F	Tetrathlon	11:00
3000m	M	U16, U18, U20, Open	TSF	1	11:10		Javelin	F	ALL	11:00
2000m	F	U14, U16	TSF	1	11:30					
2000m	M	U14, U16	TSF	1	11:40		Long Jump F2	M	U14	11:30
3000m RW	F/M	U16, U18, U20, Open	TSF	0	11:40					
4x100m	F	ALL	TSF	1	12:10		Long Jump	M&F	Tetrathlon	11:45
4x100m	M	ALL	TSF	1	12:25					
800m	F	U14, U16, U18, U20, Open	TSF	2	12:50		Shot Put	F	ALL	12:00
800m	M	U14, U16, U18, U20, Open	TSF	3	1:00		Long Jump F1	F	U16, U18, U20+	12:00
600m	F	U14 Tetrathlon	Tetra	2	1:15					
600m	M	U14 Tetrathlon	Tetra	1	1:25					
		Track Break			1:30		Javelin	M	ALL	1:00
80m	F	U14	TSF	3	2:00					
80m	M	U14	TSF	2	2:15		High Jump	M	ALL	1:30
100m	F	U14, U16, U18, U20, Open	TSF	4	2:25		Long Jump F2	F	U14	1:30
100m	M	U16, U18, U20, Open	TSF	5	2:40					
100m	M	Para	TSF	1	2:55					
400m	F	U16, U18, U20, Open	TSF	1	3:00					
400m	M	U16, U18, U20, Open	TSF	2	3:05					
300m	F	U14, U16	TSF	1	3:15		Discus	F	ALL	2:30
300m	M	U14, U16	TSF	1	3:20					
1500m	F	U16, U18, U20, Open	TSF	1	3:30					
1500m	M	U18, U20, Open	TSF	1	3:40					
1200m	F	U14, U16	TSF	1	3:55					
1200m	M	U14, U16	TSF	1	4:05		Discus	M	ALL	4:00
200m	F	U14, U16, U18, U20, Open	TSF	3	4:20		Triple Jump	M&F	ALL	4:00
200m	M	U16, U18, U20, Open	TSF	5	4:35					
150m	F	U14	TSF	3	5:00					
150m	M	U14	TSF	3	5:10					