

# Athletics NS Provincial Championships

Saturday June 27th, 2026



Time	Track	Note	Round	Field Events		
12:00	80mH F/M – U14 30"		Prelims	12:00	Hammer	M/F
12:05	80mH F – U16 30"		Prelims	12:45	High Jump - Pent/Hept (2)	M/F
12:10	80mH F- U16 - Pent 30" (1)		Multi			
12:15	100mH F – Hept (1)		Multi	1:30	Long Jump	Female
12:20	100mH F – U18 30"		Prelims			
12:25	100mH F – U20, Open 33"		Prelims	2:00	High Jump	Male
12:30	100mH M- U16 33"		Prelims	2:00	Shot Put - Pent/Hept (3)	M/F
12:40	110mH M- U18 36"		Prelims	2:45	Shot Put	Female
12:45	110mH M – U20 39"		Prelims			
12:50	110mH M – Open 42"		Prelims	3:00	Long Jump - Pent (4)	M/F
12:55	80mH F/M – U14 30"		Finals			
13:05	80mH F – U16 30"		Finals	4:00	High Jump	Female
13:10	100mH F – U18 30"		Finals	4:00	Long Jump	Male
13:15	100mH F – U20, Open 33"		Finals	4:15	Shot Put	Male
13:20	100mH M- U16 33"		Finals			
13:25	110mH M- U18 36"		Finals	5:30	Javelin	Female
13:30	110mH M – U20 – 39"		Finals			
13:35	110mH M – Open 42"		Finals			
13:45	400m F U18-20,Open, Mas.		Finals			
14:05	400m M U18-20,Open, Mas.		Finals			
14:25	300m F – U16		Finals			
14:35	300m M - U16		Finals			
14:45	100m F – All		Prelims			
15:10	100m M – All		Prelims			
15:35	200m F Heptathlon(4)		Multi			
15:45	<b>Track Break</b>					
16:15	800m -F-Pent (5)		Multi			
16:25	800m F – All		Finals			
16:45	800m M- All		Finals			
17:05	80m F/M – U14	No Blocks	Finals			
17:10	100m F – U16		Finals			
17:15	100m M – U16		Finals			
17:20	100m F - U18		Finals			
17:25	100m M – U18		Finals			
17:30	100m F - U20, Open, Mas		Finals			
17:40	100m M - U20, Open, Mas		Finals			
17:50	2000m F – U16		Finals			
18:00	2000m M – U16		Finals			
18:10	3000m F – All		Finals			

18:20	3000m M - All		Finals
18:35	3000m RaceWalk		Finals
18:55	5000m		Finals
19:15	4 x 100 relay – F All		Finals
19:20	4 x 100 relay – M All		Finals



**Athletics NS Provincial Championships**  
**Sunday, June 28th**

Time	Track	Note	Round	Field Events		
9:00	1500m SC – F U16 30"	No water	Finals	9:00	Javelin	Male
9:10	1500m SC - M U16 30"		Finals			
9:20	2000m SC - F U18 30"		Finals	9:30	Long Jump - Hept (5)	Female
9:30	3000m SC - F U20,Open, Mas 33"		Finals	10:30	Javelin - Hept (6)	Female
9:45	2000m SC - M U18 33"		Finals	10:30	Triple Jump	Male
10:00	3000m SC - M U20,Open,Mas 36"		Finals			
10:10	60m F/M Tetra (1)	No Blocks	Multi			
10:15	150m F – U14	No Blocks	Finals	10:30	Long Jump - Tetra (2)	M/F
10:20	150m M – U14	No Blocks	Finals	11:30	Shot Put - Tetra (3)	M/F
10:45	200m F- U16-20, Open, Mas		Prelims			
11:15	200m M – U16-20, Open, Mas		Prelims	11:00	Discus	Female
11:30	1500m F- U18-20, Open, Mas		Finals	12:30	Triple Jump	Female
11:45	1500m M- U18-20, Open, Mas		Finals	12:30	Discus	Male
11:55	1200m F - U14-16		Finals			
12:05	1200m M - U14-16		Finals	10:00	Seated Discus/ Club Throw	M/F
12:10	800m F - Hept (7)		Multi	12:30	Seated Shot Put	M/F
12:20	<b>Track Break</b>					
12:50	600m M/F – Tetra (4)		Multi	2:15	Seated Javelin	M/F
13:00	200m F – U16		Finals			
13:05	200m M – U16		Finals			
13:10	200m F – U18		Finals			
13:15	200m M – U18		Finals			
13:20	200m F – U20, Open, Mas		Finals			
13:30	200m M – U20, Open, Mas		Finals			
13:40	200mh F – U14-16 30"		Finals			
13:45	200mh M – U14-16 30"		Finals			
13:55	300mh - M/F - Masters		Finals			
14:05	400mh F - U18, U20, Open. 30"		Finals			
14:20	400mh M - U18 33"		Finals			
14:25	400mh M- U20, Open 36"		Finals			
14:40	Medley relay – F All		Finals			
14:55	Medley relay – M All		Finals			

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