

Athletics NS Provincial Championships
Saturday June 27th, 2026



Time	Track	Note	Round	Field Events		
12:00	80mH F – U14 & Masters 30"		Prelims	12:00	Hammer	M/F
12:05	80mH F – U16 & Pent 30"		Prelims/Multi	12:45	High Jump - Pent/Hept (2)	F
12:10	100mH F – U18 & Hept 30"		Prelims/Multi	1:00	Long Jump - Pent (2)	M
12:15	100mH F – Open 33"		Prelims	1:45	Long Jump	F
12:20	100mH M- U16 & Pent 33"		Prelims/Multi			
12:25	110mH M- U18 36"		Prelims	2:00	High Jump	M
12:35	110mH M - Open 42"		Prelims	2:00	Shot Put - Pent/Hept (3)	M/F
12:50	80mH F – U14 & Masters 30"		Finals			
12:55	80mH F – U16 30"		Finals	3:00	Shot Put	F
13:00	100mH F – U18 & Open 30"/33"		Finals			
13:05	100mH M- U16 33"		Finals	3:30	Long Jump - Pent (4)	F
13:10	110mH M- U18 36"		Finals	3:30	High Jump - Pent (4)	M
13:20	110mH M- Open 42"		Finals	4:15	Shot Put	M
13:35	400m F U18-20, Open, Mas.		Finals	4:30	Long Jump	M
13:45	400m M U18-20, Open, Mas.		Finals	4:45	High Jump	F
14:05	300m F – U16		Finals			
14:10	300m M - U16		Finals	5:15	Javelin	F
14:20	100m F – All		Prelims			
14:40	100m M – All		Prelims	1:15	Seated Shot Put	M/F
15:05	Track Break					
15:45	200m F - Hept (4)		Multi			
15:55	800m F – All		Finals			
16:05	800m M- All		Finals			
16:15	80m F/M – U14	No Blocks	Finals			
16:25	100m F – U16		Finals			
16:30	100m F – U18		Finals			
16:35	100m F - U20, Open, Mas		Finals			
16:45	100m M – U16		Finals			
16:50	100m M – U18		Finals			
16:55	100m M - U20, Open, Mas		Finals			
17:05	1000m M - U16 Pent (5)		Multi			
17:15	800m -F-Pent (5)		Multi			
17:20	2000m F – U14 & U16		Finals			
17:35	2000m M – U14 & U16		Finals			
17:45	3000m M - All		Finals			
18:00	5000m & 3000m RaceWalk - All		Finals			
18:30	4 x 100 relay – F All		Finals			
18:40	4 x 100 relay – M All		Finals			

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Sunday, June 28th



Time	Track	Note	Round	Field Events		
9:00	1500m SC – F U16 30"	No water	Finals	9:00	Javelin	Male
9:15	3000m SC - F U20 33"		Finals			
9:30	2000m SC - M U18 33"		Finals	9:30	Long Jump - Hept (5)	Female
9:45	60m F/M Tetrathlon (1)	No Blocks	Multi	10:30	Javelin - Hept (6)	Female
10:05	150m F – U14	No Blocks	Finals	10:30	Triple Jump	Male
10:10	150m M – U14	No Blocks	Finals			
10:20	200m F- U16-20, Open, Mas		Prelims	11:15	Discus	Female
10:40	200m M – U16-20, Open, Mas		Prelims	12:30	Triple Jump	Female
11:15	1500m F- U18-20, Open, Mas		Finals	1:00	Discus	Male
11:25	1500m M- U18-20, Open, Mas		Finals			
11:40	1200m F - U14-16		Finals	10:30	Long Jump - Tetra (2)	M
11:50	1200m M - U14-16		Finals	11:30	Shot Put - Tetra (3)	M
12:00	800m F - Hept (7)		Multi	10:30	Shot Put - Tetra (2)	F
12:05	Track Break			11:30	Long Jump - Tetra (3)	F
12:45	600m M/F – Tetra (4)		Multi			
13:10	200m F – U16		Finals			
13:15	200m F – U18		Finals			
13:20	200m F – U20, Open, Mas		Finals			
13:25	200m M – U16		Finals			
13:30	200m M – U18		Finals			
13:35	200m M – U20, Open, Mas		Finals			
13:55	200mH F – U14-16 30"		Finals			
14:00	200mH M – U14-16 30"		Finals			
14:10	400mH F - U18 30"		Finals			
14:20	400mH M - U18 33"		Finals			
14:35	Medley relay – F All		Finals			
14:50	Medley relay – M All		Finals			

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