

Athletics
Nova Scotia

Athletics NS Legion Trials

Sunday July 12th - Beazley Field

Time	Track	Note	Round	Field Events		
9:30	3000m SC-F- U20		Finals	10:00	Javelin	Female
9:45	2000m SC - M-U18		Finals	10:30	Long Jump - Hep	Female
10:00	1500m SC – M/F U16	No water	Finals	11:30	Triple Jump	Male
10:10	5000m Mixed & 3000m RW		Finals	11:30	Discus	Male
10:35	60m F/M Tetrathlon (1)	No Blocks	Multi	1:00	Javelin - Hep	Female
10:50	200m F- U16-20, Open, Mas		Prelims	1:30	Triple Jump	Female
11:05	200m M – U16-20, Open, Mas		Prelims	1:45	Discus	Female
11:30	3000m F – All		Finals			
11:45	3000m M - All		Finals	11:30	Long Jump - Tetrathlon	M/F
12:00	2000m F – U16		Finals	12:30	Shot Put - Tetrathlon	M/F
12:10	2000m M – U16		Finals			
12:20	Track Break					
13:00	200m F – U16		Finals			
13:05	200m F – U18		Finals			
13:10	200m F – U20, Open, Mas		Finals			
13:15	200m M – U16		Finals			
13:20	200m M – U18		Finals			
13:25	200m M – U20, Open, Mas		Finals			
13:35	150m F – U14	No Blocks	Finals			
13:40	150m M – U14	No Blocks	Finals			
13:50	600m - Tetrathlon (4)		Multi			
14:05	800m F – All & Hep		Finals/Multi			
14:10	800m M- All		Finals			
14:25	200mh F – U14-16 30"		Finals			
14:30	200mh M – U14-16 30"		Finals			
14:40	400mh F - U18, U20, Open. 30"		Finals			
14:55	400mh M - U18 33"		Finals			