2026 Athletics NS Indoor Last Chance - Tentative Schedule

Friday, Dec 4th

Event	Gender	Age	Time	Notes	Event	Gender	Age	Time
2000m	F	U14, U16	7:00 PM		High Jump	M	All	5:30 PM
2000m	M	U14, U16	7:10 PM		Long Jump	F	U20 & Open	5:30 PM
3000m	F	U18, U20, Open, Masters	7:25 PM		Long Jump	F	U14-U18, Mast	7:30 PM
3000m	M	U18, U20, Open, Masters	7:40 PM					
600m	F	University	8:00 PM					
600m	M	University	8:10 PM					

Saturday, Dec 5th

Event	Gender	Age	Time	Notes	Event	Gender	Age	Time
60mH	F/M	U14 (30")	2:00 PM		High Jump	F	All	12:00 PM
60mH	F	U16 (30")	2:05 PM		Long Jump	M	All	12:00 PM
60mH	F	U18 (30")	2:10 PM					
60mH	F	U20,Senior, University (33")	2:20 PM		Triple Jump	F	All	5:30 PM
60mH	M	U16 (33")	2:20 PM					
60mH	M	U18 (36")	2:30 PM					
60mH	M	U20 (39")	2:35 PM		Shot Put	F/M	Tetrathlon	3:15 PM
60mH	M	Senior, University(42")	2:45 PM		Long Jump	F/M	Tetrathlon	4:30 PM
60m	F	Tetrathlon (All)	2:55 PM					
60m	M	Tetrathlon (All)	3:05 PM					
60m	F	U14, U16, U18, U20, Open, Masters	3:15 PM					
60m	M	U14, U16, U18, U20, Open, Masters	3:55 PM					
1000m	F	University	4:35 PM					
1000m	M	University	4:45 PM					
600m	F	Tetrathlon (All)	4:55 PM					
600m	M	Tetrathlon (All)	5:05 PM					
400m	F	U18, U20, Open, Masters	5:15 PM					
400m	M	U18, U20, Open, Masters	5:20 PM					
1500m RW	F/M	U18, U20, Open, Masters	5:20 PM					
		Track Break	5:35 PM					
150m	F	U14	6:05 PM					
150m	M	U14	6:10 PM					
1200m	F/M	U14, U16	6:15 PM					
1500m	F	U18, U20, Open, Masters	6:25 PM					
1500m	M	U18, U20, Open, Masters	6:40 PM					
300m	F	U16	7:00 PM					
300m	M	U16	7:05 PM					
300m	F	University	7:10 PM					
300m	M	University	7:25 PM					
200m	F	U16, U18, U20, Open, Master	7:40 PM					
200m	M	U16, U18, U20, Open, Master	7:55 PM					
800m	F	U14, U16, U18, U20, Open, M	8:05 PM					
800m	M	U14, U16, U18, U20, Open, M	8:20 PM					