



2016 Athletics NS Warm Up

Final Schedule

Event	Gender	Age	Heats	Athletes	# Heats	Time	Event	Gender	Age	Athletes	Time
5000m	Mixed	Junior+	TSF	7	1	10:00	High Jump	F	All	7	11:30
2000m	F	Midget	TSF	5	1	10:30	High Jump	M	All	6	12:30
2000m	M	Midget	TSF	3	1	10:40					
3000m	F	Youth	TSF	2	1	10:50	Long Jump	M	All	19	11:00
3000m	M	Youth-Senior	TSF	5	1	11:05	Long Jump	M&F	Tetrathlon	8	12:30
80mH 30"	F	Bantam	TSF	3	1	11:20	Long Jump	F	Bantam & Midget	15	12:30
80mH 30"	M	Bantam	TSF	1	1	11:25	Long Jump	F	Youth-Senior	11	1:30
80mH 30"	F	Midget	TSF	7	1	11:30					
100mH 30"	F	Youth	TSF	7	1	11:40	Triple Jump	M	All	12	2:30
100mH 33"	F	Junior-Senior	TSF	2	1	11:45	Triple Jump	F	All	16	3:30
100mH 33"	M	Midget	TSF	7	1	11:50					
60m	M&F	Tetrathlon	Multi	8	1	12:00	Shot Put	Female	All	16	11:30
2000mSC	M	Youth	TSF	2	1	12:10	Shot Put	Male	All	22	1:00
1500mSC	F	Midget	TSF	1	1	12:25	Shot Put	M&F	Tetrathlon	8	1:30
800m	F	All	TSF	18	2	12:35					
800m	M	All	TSF	38	4	12:45	Discus	Male	All	22	11:30
Track Break							Discus	Female	All	14	1:00
80m	F	All	TSF	5	1	1:25					
80m	M	All	TSF	1	1	1:30	Hammer	Mixed	All	13	2:30
100m	F	All	TSF	30	4	1:35					
100m	M	All	TSF	34	5	1:55	Javelin	Female	All	9	3:30
100m	M	Wheelchair	TSF	3	1	2:20	Javelin	Male	All	16	4:15
600m	M&F	Tetrathlon	Multi	8	1	2:25					
400m	F	All	TSF	5	1	2:25					
400m	M	All	TSF	9	2	2:30					
400m	M	Wheelchair	TSF	2	1	2:35					
300m	F	Midget	TSF	6	1	2:40					
300m	M	Midget	TSF	7	1	2:45					
1500m	F	All	TSF	8	1	2:50					
1500m	M	All	TSF	16	2	2:55					
1200m	F	All	TSF	6	1	3:05					
1200m	M	All	TSF	8	1	3:15					
150m	F	Bantam	TSF	5	1	3:25					
200m	M	All	TSF	29	4	3:30					
200m	F	All	TSF	22	3	3:50					
200m	M	Wheelchair	TSF	2	1	4:05					
200mH	F	Midget	TSF	1	1	4:15					
400mH	M	Youth	TSF	2	1	4:20					