



May 13th Athletics NS Warm-Up Final Schedule

Event	Gender	Age	Heats	Athletes	Heats	Event Time	Time	Event	Gender	Athletes	Age	Time
60m	M&F	Tetrathlon	Multi	39	6	0:30	3:00	High Jump	F	5	Mid,You,Jun,Sen,Mas	3:15
800m	F	Bantam, Midget, Youth	TSF	11	1	0:05	3:30	High Jump	M	6	Mid,You,Jun,Sen,Mas	4:00
800m	F	Junior, Senior, Masters	TSF	7	1	0:10	3:35					
800m	M	Bantam, Midget, Youth	TSF	18	2	0:05	3:45	Long Jump	M	9	Mid,You,Jun,Sen,Mas	3:30
800m	M	Junior, Senior, Masters	TSF	18	2	0:15	3:50	Long Jump	M&F	39	Tetrathlon	3:30
800m	M	Wheelchair	TSF	2	1	0:10	4:05	Long Jump	F	14	Mid,You,Jun,Sen,Mas	4:30
80m	M	Bantam	TSF	2	1	0:05	4:15					
100m	F	Mid,You,Jun,Sen	TSF	13	2	0:10	4:20					
100m	M	Midget	TSF	6	1	0:05	4:30	Triple Jump	M & F	15	Mid,You,Jun,Sen,Mas	6:00
100m	M	Youth	TSF	16	2	0:10	4:35					
100m	M	Junior, Senior	TSF	5	1	0:05	4:45					
100m	M	Special Olympics	TSF	5	1	0:05	4:50	Shot Put	M&F	22	Mid,You,Jun,Sen,Mas	3:30
100m	M & F	Masters	TSF	5	1	0:05	4:55	Shot Put	M&F	39	Tetrathlon	4:15
100m	M	Wheelchair	TSF	2	1	0:05	5:00	Javelin	Female	8	Mid,You,Jun,Sen,Mas	4:30
400m	F	Youth,Junior,Senior	TSF	14	2	0:10	5:05	Javelin	Male	14	Mid,You,Jun,Sen,Mas	5:00
400m	M	Youth, Junior	TSF	13	2	0:10	5:15	Discus	M&F	20	Mid,You,Jun,Sen,Mas	6:00
300m	F & M	Midget	TSF	4	1	0:10	5:25	Hammer	M&F	7	Mid,You,Jun,Sen,Mas	7:15
600m	M&F	Tetrathlon	Multi	39	4	0:25	5:35					
1500m	F	You,Jun,Sen,Mas	TSF	12	1	0:05	6:00					
1500m	M	You,Jun,Sen,Mas	TSF	13	1	0:10	6:05					
1200m	F & M	Midget	TSF	3	1	0:10	6:15					
150m	M	Bantam	TSF	2	1	0:05	6:25					
200m	F	Midget,Youth,Junior,Senior	TSF	16	2	0:10	6:30					
200m	M	Midget, Youth	TSF	19	3	0:15	6:40					
200m	M	Junior, Senior	TSF	8	1	0:05	6:55					
200m	M & F	Masters	TSF	3	1	0:05	7:00					
200m	M	Special Olympics	TSF	5	1	0:05	7:05					
200m	M	Wheelchair	TSF	2	1	0:05	7:10					
3000m	M	Youth	TSF	5	1	0:15	7:15					
3000m	F	Youth-Junior	TSF	6	1	0:10	7:30					