



HAVERING A.C. SPRING WARM UP MEETING

on Sunday, 9th April 2017

at Hornchurch Stadium, Bridge Avenue, Upminster, Essex, RM14 2LX
(UKA Level 1 Permit: OUT 17/087. Under UKA Rules)

DRAFT TIMETABLE

TRACK

| | | |
|-------------|----------------|---|
| 12.30 p.m. | 300m hurdles | U17, Junior & Senior Women; U17, Junior & Senior Men |
| 12.50 p.m.* | 800m | Female: U13 Girls, U15 Girls; U17, Junior & Senior Women. |
| 1.15 p.m.* | 800m | Male: U13 Boys, U15 Men; U17 Men, Junior & Senior Men. |
| 1.40 p.m.* | 100m | Female: U13 Girls, U15 Girls; U17, Junior & Senior Women |
| 2.05 p.m.* | 100m | Male: U13 Boys, U15 Men; U17 Men, Junior & Senior Men. |
| 2.30 p.m.* | 1500m | U13 and U15 Boys & Girls |
| 2.40 p.m.* | 1500m | U17, Junior and Senior Men & Women |
| 2.50 p.m.* | Sprint Hurdles | U13 Girls (70m), U15 Girls/U13 Boys (75m), U17 Women / U15 Boys (80m) |
| 3.10 p.m.* | Sprint Hurdles | Junior/Senior Women/U17 Men (100m), Junior/Senior Men (110m) |
| 3.30 p.m.* | 300m | U15 Girls & U17 Women. U15 Boys. |
| 3.40 p.m.* | 400m | Junior & Senior Women, U17, Junior & Senior Men |
| 4.00 p.m.* | 200m | Female: U13 Girls, U15 Girls; U17, Junior & Senior Women |
| 4.20 p.m.* | 200m | Male: U13 Boys, U15 Men; U17 Men, Junior & Senior Men |

FIELD

| | | |
|------------|-------------|-------------------------------------|
| 12.30 p.m. | Long Jump | U17, Junior and Senior Men & Women |
| 12.30 p.m. | Discus | All Male age groups - U13 upwards |
| 12.30 p.m. | Shot Put | Female age groups - U13 upwards |
| 12.30 p.m. | High Jump | U13 and U15 Boys & Girls |
| 1.30 p.m. | Long Jump | U13 Boys & Girls |
| 1.30 p.m. | Discus | All Female age groups - U13 upwards |
| 1.30 p.m. | Pole Vault | All age groups - U15 upwards |
| 2.30 p.m. | Shot Put | Male age groups - U13 upwards |
| 2.30 p.m. | Javelin | All Female age groups - U13 upwards |
| 2.30 p.m. | High Jump | U17, Junior and Senior Men & Women |
| 2.30 p.m. | Long Jump | U15 Boys & Girls |
| 3.30 p.m. | Javelin | All Male age groups - U13 upwards |
| 3.30 p.m. | Triple Jump | U17, Junior and Senior Men & Women |

ON-LINE ENTRIES (close Wednesday 5th April 2017) : £6.00 per event,

Enter on Line at: <http://www.race-results.co.uk/onlineentries/user/login.php?raceid=XXXX>

ON-THE-DAY ENTRIES CAN BE MADE FROM 11A.M : £7.00 per event:

PLEASE NOTE:

1. * Times are approximate depending on number of entries.
2. Throws and horizontal jumps – FOUR trials except Under 13s THREE trials only.
3. **For track events (apart from hurdles & 1500m) – female races will be held first, from youngest upwards, then male**
4. Under 13s and Under 15s may only compete in **either 800m or 1500m, but not both.**

ENQUIRIES TO ???