



HAVERING A.C. SPRING WARM UP MEETING on Sunday, 7th April 2019

at Hornchurch Stadium, Bridge Avenue, Uppminster, Essex, RM14 2LX

(UKA Level 1 LicenceOUT 19/055. Under UKA Rules)

DRAFT TIMETABLES PER PREVIOUS YEARS

TRACK (with photofinish/electrical timing)

12.00 p.m.	300m hurdles	U17, Junior & Senior Women; U17, Junior & Senior Men
12.20 p.m.*	200m	U13 & U15 Girls & Boys
12.45 p.m.*	200m	U17, U20 & Senior Men & Women
1.05 p.m.*	1500m	U13 & U15 Girls & Boys
1.15 p.m.*	1500m	U17, U20 & Senior Men & Women
1.30 p.m.	Sprint Hurdles	U13 Girls (70m), U15 Girls/U13 Boys (75m), U17 Women/U15 Boys (80m)
1.55p.m.*	Sprint Hurdles	U20/Senior Women/U17 Men (100m), U20/Senior Men (110m)
2.15 p.m.*	300m	U15 Girls & Boys; U17 Women
2.25 p.m. *	400m	U17 Men; U20 & Senior Men & Women
2.35 p.m.*	100m	U13 & U15 Girls & Boys
3.00 p.m.*	100m	U17, U20 & Senior Men & Women
3.25 p.m.*	800m	U13 & U15 Girls & Boys
3.45 p.m.*	800m	U17, U20 & Senior Men & Women

FIELD

12.00 p.m.	Long Jump	U13 & U15 Boys
12.00 p.m.	Discus (M)	U13 & U15 Boys, U17, U20 & Senior Men
12.00 p.m.	Shot Put (F)	U13 & U15 Girls, U17, U20 & Senior Women
12.00 p.m.	High Jump	U17, U20 & Senior Men & Women
1.00 p.m.	Long Jump	U13 & U15 Girls
1.00 p.m.	Discus (F)	U13 & U15 Girls, U17, U20 & Senior Women
1.00 p.m.	Shot Put (M)	U13 & U15 Boys, U17, U20 & Senior Men
1.00 p.m.	Pole Vault	U15s and above
2.00 p.m.	Javelin (M)	U13 & U15 Boys; U17, U20 & Senior Men
2.00 p.m.	Long Jump	U17, U20 & Senior Men & Women
2.00 p.m.	High Jump	U13 & U15 Girls & Boys
3.00 p.m.	Triple Jump	U15s and above
3.00 p.m.	Javelin (F)	U13 & U15 Girls; U17, U20 & Senior Women

ON-LINE PRE-ENTRIES close Wednesday 3rd April 2019: £7.00 first event, £4.00 subsequent events. Enter on Line at:

<http://www.race-results.co.uk/onlineentries/user/login.php?raceid=3510>

ON-THE-DAY ENTRIES OPEN FROM 11A.M: £8 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.**