



HAVERING A.C. CLOSED MEETING #1

on Sunday, 13th September 2020
at Hornchurch Stadium, Bridge Avenue, Upminster, Essex, RM14 2LX
(UKA Level 1 Licence OUT 20/409. Under UKA Rules)

DRAFT TIMETABLE

TRACK (with photo finish / electrical timing)

12.30 p.m.	Sprint Hurdles	U13 Girls 70m Hurdles – 1 race: U15 Girls & U13 Boys 75m Hurdles – 2 races: U15 Boys & U17 Women – 80m Hurdles – 2 races SW & U17M 100m Hurdles – 1 race
1.15 p.m.	100m	U13 Girls & Boys - 6 races, U15 Girls & Boys – 5 races
2.15 p.m.	100m	U17, U20 & Senior Men & Women – 3 races
2.35 p.m.	1500m	U13 Boys & Girls – 2 races
2.55 p.m.	1500m	U15 Boys & Girls – 2 races
3.10 p.m.	1500m	U17, U20 & Senior Men & Women – 2 races
3.30 p.m.	300m	U15 Girls, U15 Boys & U17 Women – 2 races
3.45 p.m.	400m	U17, U20 & Senior Men & Women – 2 races

FIELD

11.30 a.m.	Discus	All age groups - U13 to Senior
11.30 a.m.	Long Jump	All age groups - Pool 1
1.00 p.m.	Shot Put	All age groups
1.00 p.m.	Long Jump	All age groups - Pool 2
2.30 p.m.	Javelin	All age groups - U13 to Senior
2.30 p.m.	Long Jump	All age groups - Pool 3
2.30 p.m.	High Jump	All age groups - U13 to Senior

NOTES:

Entry is restricted to paid up & registered Havering AC members.

There is no entry fee but athletes **must pre-enter** on line at [XXX](#) by 10pm Wednesday 9th September 2020.

All arrangements will be in line with the England Athletics Return to Competition Guidance:

- Five athletes per sprints track heat in lanes 1 to 5 (leaving outside lane clear)
- Six athletes per 800m & 1500m heat (Run from curve start)
- Six athletes per jumps field competition & 12 athletes in throwing events.
- Throwing events: athletes use their own equipment or allocated club equipment for personal use.

No results will be on display on the day: will be displayed on line as early as possible

Throws & Horizontal jumps – U13s & U15s – Three trials. U17s & above: at least Four trials, Six if time permits

Track races will be seeded based on personal best times.

Maximum one event, all age groups.