



# HAVERING A.C. CHAMPIONSHIPS AND OPEN

on Sunday, 19<sup>th</sup> September 2021

at Hornchurch Stadium, Bridge Avenue, Upminster, Essex, RM14 2LX  
(UKA Level 1 Licence OUT 21/583. Under UKA Rules)

## DRAFT TIMETABLE

### TRACK (with photo finish / electrical timing)

12.00 p.m.	3000m	U15s and above
12.30 p.m.	Sprint Hurdles	U13 Girls 70m Hurdles; U15 Girls & U13 Boys 75m Hurdles; U17 Women & U15 Boys 80m Hurdles; U17 Men & SW 100m Hurdles; U20 & SM 110m Hurdles
1.00 p.m.	800m	U13 Girls & U13 Boys; U15 Girls & U15 Boys
1.20 p.m.	800m	U17, U20 & Senior Men & Women
1.40 p.m.	100m	U13 Girls & U13 Boys; U15 Girls & U15 Boys
2.10 p.m.	100m	U17 & U20 & Senior Men & Women
2.25 p.m.	400m	U17, U20 & Senior Men & Women
2.40 p.m.	300m	U15 Girls, U15 Boys & U17 Women
3.00 p.m.	1500m	U13 Girls & U13 Boys
3.15 p.m.	1500m	U15 Girls & U15 Boys
3.30 p.m.	1500m	U17 & U20 & Senior Men & Women
3.45 p.m.	200m	U13 Girls & U13 Boys; U15 Girls & U15 Boys
4.15 p.m.	200m	U17, U20 & Senior Men & Women
4.40 p.m.	4x100m Relays	Invitational only

### FIELD

12.00 p.m.	Long Jump	U13 & U15 Girls & Boys
12.00 p.m.	Shot Put	All age groups
1.00 p.m.	Discus	All age groups
1.00 p.m.	Pole Vault	All age groups
2.00 p.m.	Javelin	All age groups
2.00 p.m.	Long Jump	U17s and above
3.00 p.m.	High Jump	All age groups
3.00 p.m.	Triple Jump	U15s and above

### PRE-ENTRY ONLY – NO ON-THE-DAY ENTRY

**HAVERING AC PRIORITY ENTRY (FREE) closes 10:00pm Friday 10<sup>th</sup> September 2021**

**OPEN ENTRY (£8.00 PER EVENT) closes 10:00pm Tuesday 14<sup>th</sup> September 2021:**

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

### NOTES:

All arrangements will be in line with the latest England Athletics *Track and Field Competition Guidance*

Event entries may be closed early if maximum numbers in each event are reached.

Throws and horizontal jumps – FOUR trials each.

**For track events (apart from hurdles, 800m & 1500m) – female races will be held first, from youngest upwards, then male.**

**Genders and age groups may be combined, where necessary.**

Under 13s and Under 15s may only compete in one event at 800m or above.

Under 13s may not compete in 300m, 400m, 300m or triple jump

**Havering AC Club Championship Medals will be awarded to the first three fastest times/best performances in each Under 13, Under 15 & Under 17 age group.**