

## END OF SEASON EVENING GRAND PRIX 2022

<b>WEDS 31<sup>ST</sup> AUG 2022</b> <b>U11, U13 &amp; U15 Boys &amp; Girls</b> <b>SPRINTS/HURDLES/JUMPS</b>	<b>WEDS 14<sup>TH</sup> SEPT 2022</b> <b>U17, U20, Senior Men &amp; Women</b> <b>SPRINTS/HURDLES/JUMPS</b>	<b>WEDS 28<sup>TH</sup> SEPT 2022</b> <b>U13/U15/U17/U20/Snr</b> <b>ENDURANCE/THROWS</b>
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<p>18:00 70mH - U13G          18:10 75mH - U15G/U13B          18:20 80mH - U15B          18:30 75m - U11/13B &amp; G          18:40 100m - U15B &amp; G          18:50 150m - U11/13B &amp; G          19:10 200m - U15B &amp; G          19:25 600m - U11B &amp; G          19:40 300m - U15B &amp; G          19:45 1500m - U15B &amp; G          20:00 800m - U13/15B &amp; G          20:40 1200m - U13B &amp; G</p> <p><b>FIELD</b></p> <p>18:00 H.J.(1) - U15B &amp; G          18:00 H.J.(2) - U13B &amp; G          19:00 L.J. - All Age Groups          (2 pits)</p>	<p>18:00 400mH - U20/SM          18:15 400mH - U17M          18:30 400mH - U20/SW          18:45 300mH - U17W          19:00 100m - U20/SM          19:05 100m - U20/SW          19:10 100m - U17M          19:15 100m - U17W          19:25 400m - All Men          19:35 400m - SW          19:40 300m - U17W          20:00 80mH - U17W          20:10 100mH - U20/SW          20:20 100mH - U17M          20:30 110mH - U20M          20:35 110mH - SM          20:40 200m - U17W          20:45 200m - U17M          20:50 200m - U20W/SW          20:55 200m - U20M/SM</p> <p><b>FIELD</b></p> <p>18:00 H.J.(1) - All Men          18:00 H.J.(2) - All Women          19:00 T.J. - All Athletes          (2 pits)          Maximum 3 events for          U17 age groups           4 Trials only in the          Triple jump.           Athletes returning to a          field event may only re-          join at the height or          round in progress.</p>	<p>18:00 1500mS/C - Women          18:15 1500mS/C - U17M          18:30 2000mS/C - U20/SM          18:45 800m - U13B          18:50 800m - U13G          18:55 800m - U15B          19:00 800m - U15G          19:05 800m - U17/U20/SM          19:10 800m - U17/U20/SW          19:15 1500m - U15B          19:20 1500m - U15G          19:30 5000m - U17M          19:50 5000m - U17W          20:15 5000m - U20M/SM          20:35 5000m - U20W/SW          21:00 'Donny Mile'- SM/SW</p> <p><b>FIELD</b></p> <p>18:00 H.T. - SM          18:30 H.T. - SW          19:00 S.P. - SM          19:30 S.P. - SW</p>	
<p>Maximum 3 events for all athletes and 3 trials in the Long Jump</p> <p>U11 athletes are restricted to a maximum of 2 Track events and 1 Field event.</p> <p>U13 &amp; U15 athletes are not allowed to compete in both the 800m and 1200/1500m races.</p> <p>Athletes returning to a field event may only re-join at the height or round in progress.</p>			