

YES 1 - DISTANCE & THROWS CLASSIC

WEDNESDAY 1 MAY - PROVISIONAL TIMETABLE

Contact info.yes.coyac@gmail.com for more information.

17:20 - REGISTRATION OPENS

TRACK TIMETABLE

- 18:35 Men's 300m
- 18:38 Women's 300m B Race
- 18:41 Women's 300m A Race
- 18:45 Women's 3000m / Paced
- 19:00 Men's 200m
- 19:05 Women's 200m A Race
- 19:08 Women's 200m B Race
- 19:12 Women's 200m C Race
- 19:15 Men's 3000m / Paced
- 19:35 Women's 1500m / Paced
- 19:45 Men's 1500m B Race / Paced
- 19:55 ★ Men's 1500m A Race / Paced
- 20:05 Women's 800m B Race / Paced
- 20:10 Men's 800m / Paced
- 20:15 ★ Women's 800m A Race / Paced

FIELD TIMETABLE

- 17:45 Warm Up Hammer Pool 1
- Warm Up Shot Pool 1
- 18:00 Hammer Pool 1 Start
- Shot Pool 1 Start
- 18:45 Warm Up Discus
- Warm Up Shot Pool 2
- 19:00 Discus Start
- Shot Pool 2 Start
- 19:45 Warm Up Hammer Pool 2
- Warm Up Shot Pool 3
- 20:00 ★ Hammer Pool 2 Start
- Shot Pool 3 Start

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EXPECTED STANDARDS

- ★ **FEATURE RACES** ★ Women's 800m A Race - sub 2:18.00 / Men's 1500m A Race - sub 4:03.00 / Enter via Elite Portal
- Hammer Pool 1 - 30m+ / Shot - 8.50m+ / Discus - 30m+
- ALL THROWERS GET 4 ATTEMPTS ON THE NIGHT
- ★ **FEATURE THROW** ★ Hammer Pool 2 / 40m+ / Enter via Elite Portal / Top 3 after 4 rounds get extra throw