

YES 2 - SPRINTS SPECTACULAR & THROWS

WEDNESDAY 5 JUNE - PROVISIONAL TIMETABLE

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

17:20 - REGISTRATION OPENS

TRACK TIMETABLE

- 18:00 200m Sprints
- 18:40 300m Sprints
- 19:10 100m Sprints
- 19:40 ★ Women's 100m A Race
- 19:45 ★ Men's 100m A Race
- 19:55 400m Sprints

FIELD TIMETABLE

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

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★
£100 cash
prizes for
feature event
winners!

EXPECTED STANDARDS

Discus - 30m+ / Shot - 8.50m+ / Javelin - 30m+
ALL THROWERS GET 4 ATTEMPTS ON THE NIGHT

★ **FEATURE RACES** ★ Women's 100m A Race - sub 12.75 / Men's
100m A Race - sub 11.50 / Enter via Elite Portal

★ **FEATURE THROW** ★ Shot Pool 3 / 10m+ / Enter via Elite Portal /
Top 3 after 4 rounds get extra throw