



HAVERING A.C. CLOSED MEETING #2

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

FINAL TIMETABLE

TRACK (with photo finish / electrical timing)

12.15 p.m.	400m Hurdles	T1: Senior Women – one race
12.30 p.m.	3000m	T2: U20 & Senior Men – one race
12.45 p.m.	200m	T3: U13 Girls & Boys – three races
1.00 pm	200m	T4: U15 Girls & Boys – three races
1.15 p.m.	200m	T5.1 U17, U20 & Senior Women – two races
1.25 p.m.	200m	T5.2 U17, U20 & Senior Men – two races
1.45 p.m.	800m	T6: U13 Boys & Girls – two races
2.00 p.m.	800m	T7: U15 Boys & Girls – two races
2.15 p.m.	800m	T8: U17, U20 & Senior Men & Women – two races
2.30 p.m.	100m	T9: U13 Girls & Boys – two races
2.40 p.m.	100m	T10: U15 Girls & Boys – two races
2.50 p.m.	100m	T11: U17, U20 & Senior Men & Women – three races

FIELD

11.15 a.m.	Discus	F1: All age groups - U13 to Senior
11.30 a.m.	Long Jump	F2: All age groups - U13 to Senior
1.00 p.m.	Shot Put	F3: All age groups - U13 to Senior
1.00 p.m.	Pole Vault	F4: U15s and above
1.00 p.m.	High Jump	F5: All age groups - U13 to Senior
2.00 p.m.	Javelin - Pool 1	F6: U13s only
2.30 p.m.	Triple Jump	F7: U15s and above CANCELLED
3.00 p.m.	Javelin - Pool 2	F8: U15 and above

NOTES

All arrangements are in line with the England Athletics Return to Competition Guidance (Revised 21 August 2020):

- Five athletes per sprints track heat in lanes 1 to 5 (leaving outside lane clear), six athletes only where necessary.
- Up to 12 athletes per 800m & 3000m races
- Up to 12 athletes per field event competition.
- Throwing events: athletes use their own equipment or are allocated club equipment for personal use.

Athletes must pre-declare that they are healthy and fit to compete and confirm this is still the case on the day.

One guest only per athlete, whose contact details will be collected on arrival in line with current guidance.

Track results will be on display immediately after the race on a results screen just past the finish line. Results will not otherwise be on display in the stadium on the day. Track start lists are on line at

<https://justiming.co.uk/liveresults/2020/havering20.9/schedule.html>

Results will be added on that link as soon as possible after races.

We hope to post field result cards on the club Facebook group as early as possible after completion of the event.

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

Track races have been seeded based on personal best or expected times and are mixed gender and mixed age group where necessary. See start lists for exact times of each athlete's race.