

HAVERING ATHLETIC CLUB CLUB CHAMPIONSHIPS MEETING

on Sunday 17th September 2017

at Hornchurch Stadium, Bridge Avenue, Upminster, Essex, RM14 2LX

(UKA Permit: OUT 17/347 - Under UKA Rules)

TRACK

12.30 p.m.	Sprint Hurdles	U13 Girls 70m Hurdles (5 entries – one race) U13 Boys 75m Hurdles (3 entries – one race)
1.00 p.m.	200m	U13 & U15 Girls (11 entries – two races) U13 Boys (9 entries – two races) U15 Boys (6 entries – one race)
1.20 p.m.	200m	U17 & U20 Women (6 entries – one race) U17 Men (4 entries – one race) U20 & Senior Men (4 entries – one race)
1.35 p.m.	1500m	U13 & U15 Girls & Boys (9 entries – one race);
1.50 p.m.	1500m	U17, U20 & Senior Men & Women (4 entries – one race);
2.00 p.m.	300m	U15 Girls (4 entries – one race) U17 Women (4 entries – one race) U15 Boys (3 entries – one race)
2.15 p.m.	400m	U17 Men; U20 & Senior Men & Women (6 entries – one race)
2.30 p.m.	100m	U13 Girls (11 entries – two races) U13 Boys (14 entries – three races) U15 Girls & U15 Boys (5 entries – one race)
2.55 p.m.	100m	U17 Women (5 entries – one race) U17 Men (5 entries – one race) U20 & Senior Men (4 entries – one race)
3.15 p.m.	800m	U13 & U15 Girls (10 entries – one race) U13 Boys (5 entries – one race) U15 Boys (6 entries – one race)
3.35 p.m.	800m	U17 Women (4 entries – one race) U17 & U20 Men (8 entries – one race)

FIELD

12.00 p.m.	Long Jump	U13 & U15 Boys (17 entries)
12.00 p.m.	Discus (M)	U13 & U15 Boys, U17, U20 & Senior Men (9 entries)
12.00 p.m.	Shot Put (F)	U13 & U15 Girls, U17, U20 & Senior Women (13 entries)
12.00 p.m.	High Jump	U17, U20 & Senior Men & Women (4 entries)
1.00 p.m.	Long Jump	U13 & U15 Girls (11 entries)
1.00 p.m.	Discus (F)	U13 & U15 Girls, U17, U20 & Senior Women (11 entries)
1.00 p.m.	Shot Put (M)	U13 & U15 Boys, U17, U20 & Senior Men (5 entries)
1.00 p.m.	Pole Vault	U15s and above (9 entries)
2.00 p.m.	Javelin (M)	U13 & U15 Boys; U17, U20 & Senior Men (17 entries)
2.00 p.m.	Long Jump	U17, U20 & Senior Men & Women (7 entries)
2.00 p.m.	High Jump	U13 & U15 Girls & Boys (7 entries)
3.00 p.m.	Triple Jump	U15s and above (4 entries)
3.00 p.m.	Javelin (F)	U13 & U15 Girls, U17, U20 & Senior Women (5 entries)

1. Throws & Horizontal jumps – U13s & U15s – Three trials; U17s & above: at least Four trials, Six if time permits
2. Medals will be awarded to first three best performances in each Under 13, Under 15 & Under 17 age groups.