

HAVERING ATHLETIC CLUB CLUB CHAMPIONSHIPS MEETING

on Sunday 22nd September 2019

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

(UKA Licence: OUT 19/560 - Under UKA Rules)

TRACK

12.30 p.m.	Sprint Hurdles	U13 Girls 70m Hurdles U15 Girls & U13 Boys 75m Hurdles U17 Women & U15 Boys 80m Hurdles U17 Men & Senior Women 100m Hurdles
1.00 p.m.	200m	U13 & U15 Girls & Boys
1.20 p.m.	200m	U17, U20 & Senior Men & Women
1.35 p.m.	1500m	U13 & U15 Girls & Boys
1.50 p.m.	1500m	U17, U20 & Senior Men & Women
2.00 p.m.	300m	U15 Girls & Boys; U17 Women
2.15 p.m.	400m	U17 Men; U20 & Senior Men & Women
2.30 p.m.	100m	U13 & U15 Girls & Boys
2.55 p.m.	100m	U17, U20 & Senior Men & Women
3.15 p.m.	800m	U13 & U15 Girls & Boys
3.35 p.m.	800m	U17, U20 & Senior Men & Women

FIELD

11.30 p.m.	Long Jump	U13 & U15 Boys
11.30 p.m.	Discus (M)	U13 & U15 Boys, U17, U20 & Senior Men
11.30 p.m.	Shot Put (F)	U13 & U15 Girls, U17, U20 & Senior Women
11.30 p.m.	High Jump	U17, U20 & Senior Men & Women
12.30 p.m.	Long Jump	U13 & U15 Girls
12.30 p.m.	Discus (F)	U13 & U15 Girls, U17, U20 & Senior Women
12.30 p.m.	Shot Put (M)	U15 Boys, U17, U20 & Senior Men
12.30 p.m.	Pole Vault	U15s and above
1.30 p.m.	Javelin (M)	U13 & U15 Boys; U17, U20 & Senior Men
1.30 p.m.	Long Jump	U17, U20 & Senior Men & Women
1.30 p.m.	High Jump	U13 & U15 Girls & Boys
2.30 p.m.	Triple Jump	U15s and above
2.30 p.m.	Javelin (F)	U13 & U15 Girls; U17, U20 & Senior Women

NOTES:



1. **Entry is restricted to paid up & registered Havering AC members.**
2. There is no entry fee but **athletes must pre-enter** on line at <http://www.race-results.co.uk/onlineentries/user/login.php?raceid=3665> by 5pm Thursday 19th September 2019.

3. Medals will be awarded to the first three fastest times/best performances in each Under 13, Under 15 & Under 17 age group. Members in older age groups (Under 20 & above) compete in "Club Open" events.
4. Track races will be seeded based on personal best times.
5. Under 13s, Under 15s & Under 17s - maximum three events. Under 13s and Under 15s may only compete in **either 800m or 1500m but not both.**
6. Age groups/School Years **as at 22nd September 2019:**
 - o **Under 13s:** School Years 7 & 8 starting September 2019
 - o **Under 15s:** School Years 9 & 10 starting September 2019
 - o **Under 17s:** School Years 11 & 12 starting September 2019