



HAVERING A.C. SPRING WARM UP MEETING

on Sunday, 7th April 2019

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

(UKA Level 1 Licence OUT 19/055. Under UKA Rules)

DRAFT TIMETABLE

TRACK (with photofinish/electrical timing)

12.00 p.m.	300m hurdles	U17, Junior & Senior Women; U17, Junior & Senior Men
12.20 p.m.*	200m	U13 & U15 Girls & Boys
12.45 p.m.*	200m	U17, U20 & Senior Men & Women
1.05 p.m.*	1500m	U13 & U15 Girls & Boys
1.15 p.m.*	1500m	U17, U20 & Senior Men & Women
1.30 p.m.	Sprint Hurdles	U13 Girls (70m), U15 Girls/U13 Boys (75m), U17 Women/U15 Boys (80m)
1.55 p.m.*	Sprint Hurdles	U20/Senior Women/U17 Men (100m), U20/Senior Men (110m)
2.15 p.m.*	300m	U15 Girls & Boys; U17 Women
2.25 p.m.*	400m	U17 Men; U20 & Senior Men & Women
2.35 p.m.*	100m	U13 & U15 Girls & Boys
3.00 p.m.*	100m	U17, U20 & Senior Men & Women
3.25 p.m.*	800m	U13 & U15 Girls & Boys
3.45 p.m.*	800m	U17, U20 & Senior Men & Women

FIELD (See Note 2 below)

12.00 p.m.	Long Jump	U13 & U15 Boys
12.00 p.m.	Discus (M)	U13 & U15 Boys, U17, U20 & Senior Men (See Note 3 below)
12.00 p.m.	Shot Put (F)	U13 & U15 Girls, U17, U20 & Senior Women
12.00 p.m.	High Jump	U17, U20 & Senior Men & Women
1.00 p.m.	Long Jump	U13 & U15 Girls
1.00 p.m.	Discus (F)	U13 & U15 Girls, U17, U20 & Senior Women (See Note 3 below)
1.00 p.m.	Shot Put (M)	U13 & U15 Boys, U17, U20 & Senior Men
1.00 p.m.	Pole Vault	U15s and above
2.00 p.m.	Javelin (M)	U13 & U15 Boys; U17, U20 & Senior Men
2.00 p.m.	Long Jump	U17, U20 & Senior Men & Women
2.00 p.m.	High Jump	U13 & U15 Girls & Boys
3.00 p.m.	Triple Jump	U15s and above
3.00 p.m.	Javelin (F)	U13 & U15 Girls; U17, U20 & Senior Women



ON-LINE PRE-ENTRIES close Wednesday 3rd April 2019:

£7.00 first event, £4.00 subsequent events. Enter on Line at:
<http://www.race-results.co.uk/onlineentries/user/login.php?raceid=3510>

ON-THE-DAY ENTRIES OPEN FROM 11A.M: £8 per event.

PLEASE NOTE:

1. * Times are approximate depending on number of entries.
2. Field events entries may be closed early if maximum numbers are reached.
3. Discus competitions are dependent on the completion of throws cage modifications.
4. Throws and horizontal jumps – FOUR trials except Under 13s THREE trials only.
5. **For track events (apart from hurdles & 1500m) – female races will be held first, from youngest upwards, then male**
6. Under 13s and Under 15s may only compete in **either 800m or 1500m, but not both.**