

**Timetable Club Championships 24th September 2023**

**TRACK**

11.00 am	Sprint Hdls	All ages	
12.00 pm	100 m	Seniors & Masters M & W	
12.20 pm	100 m	U17, U20 M & W	
12.40 pm	100 m	U13 B U15 B & G	
1.00 pm	75 m	U11 B & G U13 G	
1.15 pm	75 m	Ages 6, 7 & 8 B & G	
1.40 pm	1500 S/Chase	U17 W U20 W Sen W & Master W	
1.55 pm	1500 S/Chase	U17 M	
2.15 pm	2000 S/Chase	U20 M Sen M Masters M	
2.40 pm	300 m	Ages 6, 7 & 8 B & G	
2.50 pm	300 m	U11, 13, 15 B & G 17 W	
3.05 pm	600 m	Ages 6, 7 & 8 B & G	
3.15 pm	800 m	U13 B & G U15 B & G	
3.25 pm	800 m	U17, U20, Seniors & Master M & W	
3.45 pm	1200 m	U11 B & G U13 G	
4.00 pm	200 m	U13B, U15 B & G	
4.15 pm	200 m	U17, U20 M & W	
4.20 pm	200 m	Senior & Masters M & W	
4.35 pm	150 m	Ages 5,6, 7 & 8 B & G	
4.45 pm	150 m	U11 B & G U13 G	
4.55 pm	400 m	U17 M U20 M & W	
5.05 pm	400 m	Senior & Master M & W	
5.15 pm	1 Mile	U13, U15 B & G U17 M & W	
		U20, Senior & Masters M & W	

If there is an event that is not listed & you would like to do, Please email me with your request. It will only be considered if more than 3 athletes also want to do

Timetable Club Championships 24th September 2023

**FIELD**

11.10 am	Hammer	U13, U15, U17, U20, Seniors & Masters M	Ammended 08/08/23 - Boys/Men Only
11.20 am	Long Jump	Ages 6, 7 & 8 B & G	
12.05 pm	Hammer	U13, U15, U17, U20, Seniors & Masters W	Ammended 08/08/23 - Girls/Women Only
12.30 pm	Pole Vault	U13, U15 B & G U17, U20, Seniors & Masters M & W	
1.00 pm	Long Jump	U11 & U13, B & G	
1.20 pm	High Jump	U13 B & G	
1.40 pm	Discus	U13, U15, U17, U20, Seniors & Master M & W	Ammended 08/08/23 - To include U13 & U15, Girls/Women Only
2.15 pm	Shot Put	Ages 6 (1 Kg) Ages 7-8 (1.5 Kg) B & G U11 B & G (2Kg)	
2.15 pm	High Jump	U15 B & G U17, U20 Seniors & Masters M & W	
2.50 pm	Plastic Javelin	Ages 6, 7, 8 B & G <b>On Pole Vault Runway</b>	
3.00 pm	Shot Put	U11 B & G	
3.15 pm	Plastic Javelin	U11 B & G	
3.15 pm	Long Jump	U15 B & G,U17,U20, Seniors & Masters M & W	
3.45 pm	Discus	U13, U15, U17, U20, Seniors & Master M	Ammended 08/08/23 - To include U13 & U15, Boys/Men Only
4.30 pm	Shot Put	U17, U20, Seniors & Master M & W	
4.30 pm	Javelin	U13, U15 B & G	
4.45 pm	Triple Jump	U15, U17,U20, Seniors & Masters M & W	
5.30 pm	Javelin	U17, U20, Seniors & Master M & W	

Report to Event 15 min before start time to warm up