

SRAC Spring Open Grade Meeting 23rd March 2019

Final Schedule of Events

Track Events					Field Events			
Time	Time	Event No	Event	Age Group	Time	Event	Age Group	Trials
10:30	10:30	1	Sprint Hurdles	Combined	10:45	Long Jump	U13G (P1 - FINISH) / U13B (P2 - START)	3 trials
10:50	10:50	2	800m	U13 / U15 Mixed				
	10:56	3	800m	U13 / U15 Mixed				
	11:02	4	800m	U17 / U20 / SEN Mixed	11:00	Discus	All Age Groups	3 trials
11:08	11:08	5	100m	U17M/U20M SEN M				
	11:09	6	100m	U17M/U20M SEN M				
	11:10	7	100m	U17G/U20G SEN W				
	11:13	8	100m	U15B				
	11:16	9	100m	U15G				
	11:19	10	100m	U15G				
	11:22	11	100m	U13B				
	11:23	12	100m	U13B				
	11:25	13	100m	U13B				
	11:28	14	100m	U13G				
	11:30	15	100m	U13G				
	11:31	16	100m	U13G	11:30	Long Jump	U15G / U17G / U20W / SW (P2 START)	3 trials
	11:34	17	100m	U13G	11:30	Long Jump	8 / 9 / 10 G (P1 - FINISH)	3 trials
11:40	11:40	18	75m	8/9G				
	11:41	19	75m	8/9G				
	11:42	20	75m	8/9G				
	11:43	21	75m	8/9B	11:45	Shot Put	U15G / U15B / U17G / U17B	3 trials
	11:44	22	75m	8/9B				
	11:46	23	75m	8/9B	11:45	Javelin	U13G / U13B	3 trials
	11:49	24	75m	8/9B				
	11:52	25	75m	10G				
	11:55	26	75m	10G				
	11:58	27	75m	10B				
12:10	12:10	28	300m	U15G / U17G				
	12:14	29	300m	U15G / U17G				
	12:19	30	400m	400m (& 400mH) - All age groups /mixed				
12:25	12:25	31	1200m	U13G				
12:30	12:30	32	5000m	Senior / U20 / U17				

12:30		LUNCH BREAK							
Track Events					Field Events				
Time	Time	Event No	Event	Age Group	Time	Event	Age Group	Trials	
13:30	13:30	33	1500m	Combined	13:15	Triple Jump	All Age Groups (Pit 1 - FINISH or 2 - START)	3 trials	
	13:35	34	1500m	Combined	13:30	Javelin	U15 & U17 Upwards Mixed	3 trials	
13:40	13:40	35	600m	8&9 mixed					
	13:43	35	600m	8&9 mixed					
	13:45	36	600m	10 mixed					
13:50	13:50	37	200m	U13B					
	13:52	38	200m	U13B					
	13:54	39	200m	U13B					
	13:58	40	200m	U15G	14:00	Long Jump	8 / 9 / 10 B (Pit 2 - START)	3 trials	
	14:02	41	200m	U17B / U20M / SENM					
	14:06	42	200m	U15B	14:15	Shot Put	U13G / U13B	3 trials	
	14:10	43	200m	U17G / U20W / SENW	14:15	Long Jump	U15B / U17B / U20B (Pit 1-FINISH)	3 trials	
14:15	14:15	44	200m	U13G	14:15	High Jump	All Age Groups		
	14:17	45	200m	U13G					
	14:18	46	200m	U13G					
	14:19	47	200m	U13G					
	14:20	48	150m	8&9G					
	14:22	49	150m	8&9G					
14:25	14:23	50	150m	8&9G					
	14:25	51	150m	8&9B					
	14:27	52	150m	8&9B					
	14:31	53	150m	8&9B					
	14:35	54	150m	10G					
	14:38	55	150m	10B					
15:00	15:00	FINISH							

Note - Order and timing of events subject to change.

Please be ready for your event at please 10 minutes before the time on schedule.

