

SRAC Spring Open Grade Meeting 20th April 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	103	75mH	U15G					
	10:35	106	100mH	U17B					
10:50	10:50	116	800m	U13 / U15 Mixed	10:45	Long Jump	U13G (P1 - FINISH) / U13B (P2 - START)	3 trials	
	10:56	111	800m	U17 / U20 Mixed					
11:05	11:05	126a	100m	U17G/U20G SEN W	10:30	Discus	All Age Groups	3 trials	
11:08	11:09	126b	100m	U17G/U20G SEN W					
	11:13	127	100m	U17M/U20M SEN M	11:15	Shot Put	All Age Groups	3 trials	
	11:17	124	100m	U15G					
	11:21	125	100m	U15B					
	11:25	118a	100m	U13B					
	11:29	118b	100m	U13B					
11:35	11:35	117a	75m	U13G					
	11:38	117b	75m	U13G					
	11:41	114	75m	10G					
	11:44	115	75m	10B					
	11:47	112a	75m	8-9G					
	11:50	112b	75m	8-9G	11:30	Long Jump	U15G / U17G / U20W / SW (P2 START)	3 trials	
	11:53	113a	75m	8-9B	11:30	Long Jump	8 / 9 / 10 G (P1 - FINISH)	3 trials	
	11:56	113b	75m	8-9B					
	11:59	113c	75m	8-9B					
12:04	12:04	120	400m	All age groups / mixed					
12:08	12:08	122	300m	U15G / U17G					
	12:12	123	300m	U15B / U17B					
12:15	12:15	128	5000m	Senior / U20 / U17					
	12:15	430	3000m	Senior / U20 / U17					
LUNCH BREAK									
Track Events					Field Events				
Time	Time	Event No	Event	Age Group	Time	Event	Age Group	Trials	
13:15	13:15	305	1500m	Combined	13:15	Triple Jump	All Age Groups (Pit 1 - FINISH or 2 - START)	3 trials	
13:30	13:30	431	600m	U13G	13:15	Javelin	All Age Groups	3 trials	
	13:34	313	600m	10 mixed	13:15	Long Jump	8 / 9 / 10 B (Pit 2 - START)	3 trials	
	13:38	312a	600m	8&9 mixed					
	13:42	312b	600m	8&9 mixed					
13:46	13:46	310	200m	U17G / U20W / SENW					
	13:49	311	200m	U17B / U20M / SENM					
	14:01	308	200m	U15G					
	14:04	309	200m	U15B					
	14:07	307a	200m	U13B					
	14:10	307b	200m	U13B	14:00	High Jump	All Age Groups		
	14:13	307c	200m	U13B					
14:15	14:15	306a	150m	U13G					
	14:17	306b	150m	U13G	13:45	Long Jump	U15B / U17B / U20B (Pit 1-FINISH)	3 trials	
	14:19	306c	150m	U13G					
	14:21	303	150m	10G					
	14:23	304	150m	10B					
	14:25	301a	150m	8&9G					
	14:27	301b	150m	8&9G					
	14:29	302a	150m	8&9B					
	14:31	302b	150m	8&9B					
14:35	14:35	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.