



Thursday 16th May 2019

Time

18:00	Sprint Hurdles (all ages)
18:15	400m (U17M, U20, Seniors)
18:25	1200m (U13G)
18:40	100m
19:00	75m (U13G)
19:15	1500m
19:30	300m (U15, U17W)
19:40	200m (Invitation)
18:00	Long Jump
18:00	Javelin
19:10	Hammer (U15, U17, U20, Seniors)
19:10	Triple Jump (U15, U17, U20, Seniors)

Entry is on the day and costs £5 for first event and £3 for additional events for each fixture.

For the 2019 season, a discount of £1 per meeting will apply for all athletes who enter at least one field event in each meeting

Hurdles – athletes planning to compete in hurdles events must advise Tom Druce of this by a minimum of 3 days before the event. This can be done in person, by email or via the athlete's coach.

Athletes **MUST** register for their events at **LEAST 60 minutes** before their event is due to start. There will be no exceptions to this. Athletes must also report to the start area for both track and field events minimum 10 minutes before start time but may continue their warm up during this period