

DEESIDE SPRING OPEN
SUNDAY 15 APRIL 2018

TIMETABLE

TRACK EVENTS

FIELD EVENTS

11.00

DT U13B to SM

LT U11B/G

11.30 Sprint Hurdles

12.00 75m Disability

SP U11B,U13B/G

12.15 75m Heats

100m Heats

1.00 300m Finals

400m Final

HJ U13G/B

DT U13G to SL

SP Disability

1.30 75m Finals

100m Finals

SP U17M,U20M,SM

2.30 1Mile Finals

JT U13B to SM

LJ U13G/B,U15G

3.00 150m Heats

200m Heats

HJ U15G/B,U17L/M

SP U11G,U13G,U15G

3.30 600m Finals

800m Final

JT U13G to SL

LJ U15B,U17L/M,SL/SM

4.20 150m Finals

SP U17L,U20L,SL

Finals to be run at heat time if heats are not required

High Jump will have an opening height of 1.05 m

In the field events; U11 3 attempts; U13/U15 4 attempts; U17 to Seniors 6 attempts.

Timetable may change slightly when entries are known.

