

SPRING WARM UP TIMETABLE – SUN 4 APRIL

TIME	EVENT	TRACK	TIME	EVENT	FIELD
1030	300/400H	Female/Male U17 & Sen	1030	VORTEX	U11 G/B
1040	3000m	All applicable age groups Includes The Frank Coles Memorial Trophy – Open Female Roger Harris Trophy			
1100	70mH	U13 G&B	1100	Hammer	All eligible age groups
	75mH	U15G		Long Jump	U15,17, U20W/ Sen Ladies
	80mH	U15B			
	80mH	U17W			
	100mH	U20/Sen Ladies, U17M			
	110mH	U20/Sen Men			
1200	100m	U13G	1200	Shot	U17W/U20W/SW
	100m	U13B/U15G/U15B		High Jump	U15G/ U17W/U20W/SW
		Richard Rowe Trophy U17/Jnr			
	100m	U17W	1220	Javelin	U13/15 G/B
	100m	U17M			
	100m	U20/Sen Women			
	100m	U20/Sen Men			
1250	75m	U11B/G			
1300	800m	U15G	1300	Long Jump	U11/13/15 B
	800m	U15B		Shot	U13B/15B
	800m	U17/Jnr/Snr Ladies		High Jump	U20/Sen Men
	800m	U17 Men Jonathan Roberts Trophy		Pole Vault	All
	800m	Jnr/Snr Men			
	800m	Jnr/Snr Men			
	600m	U11/U13	1400	Shot	U13B/15 G
LUNCH				Long Jump	U11/13G
				Javelin	U17/U20/Sen M&L
1415	300m	U15G/U17W	1415	High Jump	U15B U17M
	400m	U15B			
	400m	U20W/Sen Ladies			
	400m	U17 Men			
	400m	U20M/Sen Men	14.30	Shot	U17M/U20M/Sen Men
1430	1500m	U15 G/B			
1440	1500m	U17W/U20W/Snr Ladies			
1450	1500m	U17M/U20M/Snr Men			
1500	150m	U11 G/B	1500	Long Jump	U17M/U20MSen Men
		200m Megan Humphries Trophy			
1510	200m	U13G			
	200m	U13 B	1530	Discus	All
	200m	U15G			
1600	200m	U15B			
	200m	U17W/U20W/Sen Ladies			
	200m	U17/U20W/Sen Men			
1620	2K Open S/C	U17M/U20M/Sen Men			