

Cambridgeshire Spring Graded Meeting - Sunday 8TH April 2018

Provisional Timetable – may be subject to significant change

	<u>Track</u>	<u>Field</u>
11.00	300mH/400mH	Hammer – all Long Jump – U11s High Jump – to 1.49 (expected) Shot Put – U15 & above
11.15		
11.30	800m	
11.45		Javelin – U13s & U15s
12.00	600m	Long Jump – U13s
12.15	100m	Discus – all male
12.30		Pole Vault - to 2.99 (expected)
12.45	80m	
13.00	400m	Long Jump – U15s & above
13.15	5000m	Discus – all female
13.30		Shot Put – U11s & U13s
13.45	<i>Track break</i>	Javelin – U17s and above
14.00	<i>Track break</i>	Pole Vault - from 3m (expected)
14.15	Sprint hurdles	
14.30		Triple Jump – all
14.45		
15.00	1500m	High Jump – from 1.50 (expected)
15.15		
15.30	200m	

Rules and restrictions

- You must have collected your number 30 mins before your first event.
- Minimum trials each in LJ, TJ, SP, JT, HT & DT (hopefully more, subject to entries).
- U11s can only compete in three events from SP, LJ, 80m & 600m.
- U13s, U15s and U17s – max three events. 800m or 1500m, not both.
- U13s, U15s and U17s cannot run 5000m
- U13s and U15s cannot run 400m or 400mH.
- U13s may not do TJ or HT.
- 80m and 600m is only for U11s. No other ages permitted.
- Ages as of 31st August 2018.