



## **SPRING WARM UP MEETING**

SUNDAY 7th APRIL 2019

12.00 noon	150m	All age groups
1.00 pm	1200m	All age groups
1.30 pm	80m	All age groups
2.30 pm	600m	All age groups
3.00 pm	300m	All age groups

## SPRING WARM UP MEETING

### FIELD EVENTS TIME TABLE

- 12.00 Noon LONG JUMP U11 BOYS PIT 1 3 TRIALS.
- 12.00 Noon LONG JUMP U11 GIRLS PIT 2 3 TRIALS.
- 12.00 Noon HIGH JUMP ALL AGES WOMEN and GIRLS.
- 12.00 Noon JAVELIN ALL AGES WOMEN and GIRLS 3 TRIALS.
- 1.15. LONG JUMP ALL AGES MEN and BOYS PIT 1 3 TRIALS.
- 1.15 LONG JUMP ALL AGES WOMEN and GIRLS PIT 2 3 TRIALS.
- 1.15 JAVELIN ALL AGES MEN and BOYS 3 TRIALS.
- 1.30 HIGH JUMP ALL AGES MEN and BOYS.
- 2.30 SHOT ALL AGES WOMEN and GIRLS. 3 TRIALS.
- 2.30 TRIPLE JUMP ALL AGES BOYS and MEN 3 TRIALS  
PIT depending on wind conditions
- 2.30 TRIPLE JUMP ALL AGES WOMEN and GIRLS 3 TRIALS  
AS ABOVE
- 3.00 SHOT ALL AGES MEN and BOYS 3 TRIALS.

PLEASE NOTE TIMES ARE APPROXIMATE AND MAY CHANGE.  
PLEASE LISTEN TO PA ANNOUNCEMENTS FOR CHANGES.