

**Saturday 20<sup>th</sup> April 11:00 to 16:30**  
**Graded Open and Club Trials**  
**Closing Date Saturday 13th April - NO LATE ENTRIES**  
**DRAFT Timetable**

**Quad Kids Girls & Boys (Year 4 & 5)**

Time	Event	Age Group
12:45	75m	All ages B&G
13:30	Long Jump	Boys
13:30	Howler	Girls
14:00	Howler	Boys
14:00	Long Jump	Girls
14:40	600m	Boys & Girls

**Track Events**

Time	Event	Age Group
12:00	Sprint Hurdles	U13 and above
13:15	100m	U13 and U15
13:30	100m Round 1	U17 and above
13:45	800m	U13 and above
15:00	100m Round 2	U17 and above
15:20	200m	U13 & U15
15:40	300m	U15 and above
16:05	1500	U13 and above

**Field Timetable**

Time	Event	Age Group
11:00	Hammer Throw	U15 and above
11:45	Triple Jump	U15 and above
12:00	Long Jump	All Ages
12:30	Discus Throw	All Ages
13:00	High Jump	Pool 1 Starting Height 1.30m
13:30	Shot Putt	U13 and U15 Boys and Girls
14:30	Shot Putt	U17 and above
14:45	High Jump	Pool 2 Starting Height 0.9m
15:00	Long Jump	All Ages
15:30	Javelin Throw	All Ages

**Please Note:**

- Athletes U13 to U17 can enter up to 3 events
- This is a draft timetable and the timing of events may change based on the number of volunteers we have and the number of athletes entered

## **For more information and enter on-line visit**

<http://www.southamptonathleticclub.org.uk>

### **Register to help**

These events are only possible with the help and support of volunteers, if you or a friend or relative would like to be part of the team for the open please provide contact information when entering.

### **General Data Protection Registration**

By entering the open - You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category

### **Track Notes:**

- Races except Round 2 of 100m will be seeded using the PB/SB entered at the time of booking.
- Round 2 of the 100m will be reseeded based on the results from Round 1.
- U13 and U15 athletes cannot compete in both 800m and 1500m

### **Field Notes:**

- Entry numbers are limited for field events to a maximum of 12 for long throws and High Jump and 15 for all other events.
- All throws and Horizontal Jumps will be the best of 4 trials. If the number of athletes entered is low the event will be offered as a best of 6 trials, this will be decided after the closing date.
- High Jump progressions will be 5cm.
- Long Jump is being offered twice to allow athletes to choose the time that suits them, changing time after you have entered will only be possible if there is space.