

CORNWALL AC OPEN WARM UP MEETING - SUNDAY 22nd April 2018

Provisional Timetable

Track			Field		
11.00	600m 600m	U11G U11B	11.00	Pole Vault Shot	All Mixed U13/U15 Boys
11.15	70mh	U13G	11.15	Discus Long Jump	All Female Ages U17/Seniors
11.30	800m	Men/Boys	12.15	Discus Shot High Jump	All Male Ages All Female Ages All Male Ages
11.45	75mh	U15G/U13B	12.30	Long Jump Long Jump	U11B U11G
12.00	800m	Women/Girls	1.30	Long Jump Hammer	U13/U15 Boys All age Groups
12.15	80mh	U17W/U15B	2.30	High Jump Javelin Shot	All Female ages All Female ages U17/U20/ Senior Men
12.30	100mh	U17m/S Women	3.15	Cricket Ball Long Jump	U11 Boys and Girls U13/15 Girls
12.45	100m	All age Groups Male	3.15	Javelin Triple Jump	All Male Ages All Mixed No U13
1.15	100m	All age groups Female	4.00		Men/Women
1.30	75m 75m	U11G u11B			
1.45	300m 300m	Girls Boys			
2.15	3000m	All Ages			
2.45	150m	U11B U11G			
3.00	200m 200m	All age Groups Male All age groups Female			
3.30	1500	Men/Boys Women/Girls			