

SPRING SPRUCE 2017 – TIMETABLE

DAY 1 - Saturday 8th April - Seniors

<u>TIME</u>	<u>TRACK EVENT</u>	<u>TIME</u>	<u>FIELD EVENT</u>
		10.30	Hammer U17/U20/Sen W Long Jump U17/U20/Sen W
11.00	400mH U20/Sen M	11.00	Pole Vault Starting height 1.70m
11.10	400mH U17M		
11.20	400mH U20/Sen W		
11.30	300mH U17W		
11.40	200m W Races to be seeded	11.40	Hammer U17/U20/Sen M
12.05	200m M Races to be seeded		Long Jump U17/U20/Sen M
12.35	800m U17 W		
12.45	800m U20/Sen W	12.45	Discus U17/U20/Sen W
13.00	800m U17 M		Shot U17/U20/Sen M
13.10	800m U20/Sen M		
13.20	Track Break	13.30	High Jump U17/U20/Sen W
13.50	80mH U17W	13.45	Discus U17/U20/Sen M
14.00	100mH U20/Sen W		Triple Jump U17/U20/Sen W
14.10	100mH U17 M	14.00	Pole Vault Starting height 3.0m
14.20	110mH U20/Sen M		
14.30	100m W Races to be seeded	14.45	Javelin U17/U20/Sen W
14.55	100m M Races to be seeded		Triple Jump U17/U20/Sen M
15.20	1500m U17/20/Sen W	15.00	High Jump U17/U20/Sen M
15.35	1500m U17/20/Sen M	15.30	Shot U17/U20/Sen W
15.50	300m U17 W	15.45	Javelin U17/U20/Sen M
16.00	400m W races to be seeded		
16.10	400m M races to be seeded		
16.30	Track finished	16.45	Field finished

SPRING SPRUCE 2017 – TIMETABLE

DAY 2 - Sunday 9th April - Juniors

<u>TIME</u>	<u>TRACK EVENT</u>	<u>TIME</u>	<u>FIELD EVENT</u>
10.30	70mH U13G	10.30	Hammer U15 B/G (5)
10.40	75mH U13B		Shot U13B/G
10.50	75mH U15G		Quadrathon Howler Javelin B
11.05	80mH U15B		Quadrathon Long Jump G
11.15	75m Quadrathon B		
11.25	75m Quadrathon G		
11.40	150m U13G	11.40	Long Jump U15G (10)
11.55	200m U13B		
12.05	200m U15G	12.00	Quadrathon Howler Javelin G
12.20	200m U15B		Quadrathon Long Jump B
12.35	600m Quadrathon G/B	12.10	Discus U15B/G (8)
13.00	800m U13G	12.40	High Jump U13G/B
13.15	800m U13B		
13.30	800m U15G	13.00	Long Jump U15B (12)
13.45	800m U15B		
13.55	Track Break	13.45	Javelin U13/U15B (11)
14.30	75m U13G		Shot U15G/B
14.45	100m U13B	14.15	High Jump U15B/G (12)
14.55	100m U15G	14.30	Long Jump U13G (16)
15.10	100m U15B		
15.25	300m U15G	15.00	Javelin U13/U15G (11)
15.35	300m U15B		
15.45	1200m U13G	15.40	Long Jump U13 B (9)
16.00	1500m U13B		
16.15	1500m U15G		
16.25	1500m U15B		
16.40	Track finished	16.30	Field finished