

STOCKPORT HARRIERS & AC 2014 CLUB TRACK & FIELD CHAMPIONSHIPS

ORDER OF EVENTS - TRACK

10:20	300m Hurdles (U17W)	1 HEAT
10:30	3000m (All Age Groups)	1 HEAT
11:00	75m (U9 to U13)	7 HEATS
11:30	100m (U15 to Seniors)	4 HEATS
11:50	800m (U13G & U15G)	1 HEAT
11:55	800m (U13B)	1 HEAT
12:00	800m (U15B & U17M)	1 HEAT
12:05	800m (Seniors)	1 HEAT
12:15	70m Hurdles (U13G)	1 HEAT
12:20	75m Hurdles (U15G)	1 HEAT
12:25	80m Hurdles (U15B/U17W)	1 HEAT
12:35	150m (U13)	2 HEATS
12:55	1200m (U13G)	1 HEAT
13:05	1500m ()	2 HEATS
13:30	600m (U9 to U11)	4 HEATS
14:00	300m	1 HEAT
14:05	400m	1 HEAT
14:15	200m (U15G/U15B)	1 HEAT
14:15	200m (U17W)	1 HEAT
14:20	200m (U17M/Senior M)	1 HEAT
14:25	200m (Senior W)	1 HEAT

ORDER OF EVENTS - FIELD

10:20	Triple Jump (All Ages)	
10:30	High Jump (All Ages)	
11:00	Shot (All Ages)	
11:30	Long Jump (Quadrathlon) (Boys/Girls)	2 PITS
12:00	Discus (All Ages)	
12:30	Long Jump (Male)	
12:35	Vortex (Quadrathlon) (Boys/Girls)	2 POOLS
13:30	Long Jump (Female)	
13:35	Javelin (All Ages)	

Presentations will be made to the Top 3 Athletes in each individual Event, as soon as possible after the event has finished.

Quadrathlon Presentations will be made as soon as possible after the last event (the 600m) ALL U9 & U11 Athletes who complete the Quadrathlon will be presented with a medal, with a trophy for the winner in each age group, boys and girls.

Where possible, we have combined races to allow more competitive fields and to prevent races of one or two Athletes.

All Track events will be finals and where more than one heat is necessary, run as a time-trial.

In field events, U9 - U15 Athletes will have three trials. U17 - Senior Athletes will have the choice of taking a further three trials.

Thanks to all who have volunteered their time to plan and make this event happen. Any help on the day to help the event run smoothly and to time will be greatly appreciated.