

# NEWQUAY & PAR ATHLETIC

## PAR OPEN MEETING SATURDAY 11 APRIL 2009

### TIMETABLE OF EVENTS

<u>TRACK</u>			<u>FIELD</u>		
11.30	600 m	U11 Girls	11.30	Pole Vault	All Mixed
	600 m	U11 Boys		Shot	U13/U15 Boys
	70 m H (68.2 cm)	U13 Girls			
12.00	600 m	race 1	12.00	Discus + V	All Female Ages
	75 m H (76.2 cm)	U15 Girls		Long Jump	U17/Senior
	75 m H (76.2 cm)	U13 Boys		Shot + V	U17/U20/Senior Men
	600m	race 2			
12.20	80 m H (84.0 cm)	W40/U17 Women			
	80 m H (84.0 cm)	U15 Boys			
	600 m	race 3			
12.45	100 m H (91.4 cm)	U17 Men/S Women			
	110 m H (106.7 cm)	Men (or vet height)			
	600 m	race 4 if required			
1.00	100 m + V	Women/U17 Women			
	100 m + V	Men/U17 Men (*) (*)			
	100 m	U15 Girls			
	100 m	U15 Boys			
	100 m	U13 Boys			
	75 m	U13 Girls			
1.30	75 m	U11 Girls			
	75 m	U11 Boys			
1.45	300 m	race 1			
	300 m	race 2			
	300 m	race 3 if required	1.35	Long Jump	U13/U15 Boys
				Hammer + V	All (mixed)
2.15	30 Minutes Break				
2.45	4 x 100m relays	Under 11			
	4 x 200 m Relays	All age groups (except U11)			
3.15	2000m	All except U13G (mixed & graded)			
3.30	300 m Hurdles	U17/Sen Men & Women	2.30	Long Jump	U11 Boys & Girls
3.45	150 m	U11 Girls		High Jump	All Female Ages
	150 m	U11 Boys		Javelin + V	All Female Ages
	150 m	U13 Girls			
	150 m	U13 Boys			
	150 m	U15 Girls			
	150 m	U15 Boys			
	150 m	Men/U17 Men (*)	3.15	Cricket Ball	U11 Boys & Girls
	150 m	Women/U17 Women		Long Jump	U13/U15 Girls
4.15	1200 m	race 1			
	1200 m	race 2	4.00	Javelin + V	All Male Ages
	1200 m	race 3		Triple Jump	All Mixed (no U13)
	1200 m	race 4 if required			
4.45	4 x 400m relays	U17 & Senior			

ALL RACES WILL BE MIXED & GRADED

NOTE – U13 & U15 Girls may not compete in 600 and 1200 m on the same day.

**AGES AS AT 1 SEPTEMBER 2009**

Entry Fee £5 per athlete, payable on the day to Newquay & Par AC

Alternatively you may enter in advance, please send cheques to Dave Varney, 38 Manor View, Par, PL24 2EN  
Cheques payable to : Newquay & Par AC