

**HERCULES WIMBLEDON A.C.
YOUNG ATHLETES' OPEN MEETING
CRYSTAL PALACE
SUNDAY APRIL 11th 2010 - 1ST EVENTS 1100 HOURS
UNDER UKA RULES**

TIMETABLE

Track Events				Field Events			
1100	T 1	U13 Boys	1500m	1100	F 1	U15 Girls	High Jump
	T 2	U15 Girls	1500m		F 2	U15 Boys	Discus
	T 3	U15 Boys	1500m		F 3	U15 Boys	Long Jump
	T 4	U17 Women	1500m		F 4	U13 Girls	Shot
	T 5	U17 Men	1500m		F 5	U15 Girls	Shot
1215	T 6	U13 Girls	100m	1145	F 6	U17 Women	Discus
	T 7	U13 Boys	100m	1230	F 7	U15 Boys	Shot
	T 8	U15 Girls	100m		F 8	U13 Boys	Shot
	T 9	U15 Boys	100m		F 9	U15 Girls	Discus
	T10	U17 Women	100m		F10	U17 Women	Long Jump
	T11	U17 Men	100m		F11	U17 Men	High Jump
1400	T12	U13 Girls	800m	1315	F12	U15 Boys	Javelin
	T13	U15 Girls	800m	1330	F13	U13 Boys	Long Jump
	T14	U15 Boys	800m	1400	F14	U17 Men	Discus
	T15	U17 Women	800m		F15	U17 Women	Shot
	T16	U17 Men	800m		F16	U17 Women	High Jump
1520	T17	U11 Girls	600m	1445	F17	U17 Women	Javelin
1540	T18	U11 Boys	1000m		F18	U17 Men	Long Jump
1600	T19	U13 Girls	200m	1530	F19	U17 Men	Javelin
	T20	U13 Boys	200m		F20	U15 Girls	Long Jump
	T21	U15 Girls	200m		F21	U17 Men	Shot
	T22	U15 Boys	200m	1530	F22	U15 Boys	High Jump
	T23	U17 Women	200m	1630	F23	U13 Girls	Long Jump
	T24	U17 Men	200m		F24	U15 Girls	Javelin

NOTE:

- **4 Trials per competitor in Field Events except for the High Jump**
- **Starting Blocks may only be used in Under 17 events**
- **All competitors to report to their event at least 10 minutes before it starts.**
- **PLEASE LISTEN OUT FOR ANNOUNCEMENTS RELATING TO YOUR EVENT**