

Yate & District AC Throws and Jumps Spring Open – 24th March 2018

FINAL TIMETABLE

Throws		
Time	Event	Notes
11:30	Hammer U15B, U15W, U17W	Warm up from 11:00 EDM
12:15	Hammer U17M, U20W, SW, VW, VM	
13:15	Discus All age groups	Warm up from 13:00 EDM
14:45	Javelin U13B, U13G, U15B, U15G	Warm up from 14:30 EDM
15:45	Javelin U17M, U17W, U20M, U20W, SM, SW	
15:30	Shot U13B, U13G, U15B, U15G	
16:15	Shot U17M, U17W, U20M, U20W, SM, SW	
Jumps		
Time	Event	Notes
12:00	Pole Vault All age groups	Warm up from 11:15
11:45	High Jump PB up to 1.5m	Warm up from 11:15
12:45	High Jump PB over 1.5m	
14:00	Long Jump PB up to 4.5m	
15:00	Long Jump PB over 4.5m	