NOTTINGHAMSHIRE ATHLETICS NETWORK

INDOOR ATHLETICS MEETING

Sunday 22nd November 2015   EIS Sheffield

Provisional Timetable

9-15am   Registration opens

QuadKids Competition

9-45 am	Long jump	Yr 7 Girls	Pit 1
	Long jump	Yr 6 Girls	Pit 2
	Howler javelin	Yr 7 Boys	- infield straight
	Howler javelin	Yr 6 Boys	- back straight

10-10 am   Howler javelin   Yr 5 Boys   - infield straight
10- 30 am   Howler javelin   Yr 5 Girls   - infield straight

10-20 am   75m sprint   - far back straight outside of track
                To be run in following order   Boys Yr 7,   Boys Yr 6,

10- 30 am   75m sprint   - far back straight outside of track
                To be run in following order   Girls Yr 7,   Girls Yr 6

10-40 am   75m sprint   - far back straight outside of track
                To be run in following order   Boys Yr 5,   Girls Yr 5

10- 40 am	Long jump	Yr 7 Boys	Pit 1
	Long jump	Yr 6 Boys	Pit 2

11-00 am	Howler javelin	Yr 7 Girls	- infield straight
	Howler javelin	Yr 6 Girls	- back straight

11-15 am	Long jump	Yr 5 Boys	Pit 1
	Long jump	Yr 5 Girls	Pit 2

11-30 am   600m   Yr 7 Girls   - 3 laps of main track

11-35 am   600m   Yr 7 Boys   - 3 laps of main track

11-30 am   600m   Yr 6 Girls   - 3 laps of main track

11- 40 am   600m   Yr 6 Boys   - 3 laps of main track

11-45am   600m   Yr 5 Girls   - 3 laps of main track

11-50 am   600m   Yr 5 Boys   - 3 laps of main track

12-00 noon   Presentation of awards

                    1st, 2nd and 3rd in each age group – girls and boys

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Provisional Timetable – all times are approximate

Runners will be seeded in 60m and long jump based on PB supplied on entry form. All others track races at call up.   Fastest races will be run first.

10-00 am   Registration opens

11-30 am   High jump - pool 1 - starting height 1m 50 (7 jumps per competitor)

High jump - pool 2 - starting height 1m 10 (7 jumps per competitor)

11-45 am   Long jump - pool 1 – over 5-50m standard (3 jumps per competitor)

Long jump – pool 3 – under 4m standard (3 jumps per competitor)

Long jumpers will be seeded in pools based on pb provided on entry form

12-30 pm   3,000m   Runners to be seeded at the start line

1-00 pm   60m – round 1   - To be run fastest athletes first eg sub 11sc 100m standard Athletes will be seeded based on PB supplied on entry form.

Pole vault - pool 1 - starting height 1m 50 (7 jumps per competitor)

2-00 pm   Long jump - pool 2 - 4m to 5-50m standard (3 jumps per competitor) Long jumpers will seeded in pools based on pb provided on entry form Two pits will be used for this pool.

2-00 pm   800m   Runners to be seeded at the start line

2-00 pm   Shot put – pool 1 – over 10m standard – 4 throws

2-30 pm   60m – round 2 – seeding based on times in round 1 with fastest racing first

2-30 pm   Pole vault - pool 2 - starting height 3-00m (7 jumps per competitor)

3-00 pm   Shot put – pool 2 – under 10m standard – 4 throws

3- 30 pm   60m Hurdles - round 1

3-30 pm   Shot put – pool 2 – under 10m standard – 4 throws

3-30pm   Triple jump – pool 1 over 12m standard (3 jumps per competitor)

Triple jump - pool 2 – under 12m standard (3 jumps per competitor)

4-00 pm   300m

4- 30 pm   60m hurdles - round 2