



# HAVERING A.C. SPRING WARM UP OPEN

## on Sunday 2<sup>nd</sup> April 2023

at Hornchurch Stadium, Bridge Avenue, Upminster, Essex, RM14 2LX  
(UKA Level 1 Licence OUT 23/024. Under UKA Rules)

### PROVISIONAL TIMETABLE

#### TRACK (with photo finish / electrical timing)

11.30 a.m.	300m hurdles	T1: U17, Junior & Senior Women; U17, Junior & Senior Men
11.50 a.m.	200m	T2: U13 & U15 Girls & Boys
12.10 p.m.	200m	T3: U17, U20 & Senior Men & Women
12.35 p.m.	1500m	T4: U13 & U15 Girls & Boys
1.00 p.m.	1500m	T5: U17, U20 & Senior Men & Women
1.25 p.m.	Sprint Hurdles	T6: U13 Girls (70m), U15 Girls/U13 Boys (75m), U17 Women/U15 Boys (80m)
2.00 p.m.	Sprint Hurdles	T7: U20/Senior Women/U17 Men (100m), U20/Senior Men (110m)
2.25 p.m.	300m	T8: U15 Girls & Boys; U17 Women
2.35 p.m.	400m	T9: U17 Men; U20 & Senior Men & Women
2.50 p.m.	100m	T10: U13 & U15 Girls & Boys
3.15 p.m.	100m	T11: U17, U20 & Senior Men & Women
3.55 p.m.	800m	T12: U13 & U15 Girls & Boys
4.15 p.m.	800m	T13: U17, U20 & Senior Men & Women

#### FIELD

11.00 a.m.	Long Jump	F1: U13 & U15
11.00 a.m.	Discus	F2: All age groups U13 & above
11.00 a.m.	High Jump	F3: Pool 1 – PBs 1.45m and under
12.15 p.m.	Shot Put	F4: All age groups U13 & above
12.15 p.m.	Pole Vault	F5: U15s and above
12.30 p.m.	Long Jump	F6: U17, U20 & Senior Men & Women
1.00 p.m.	High Jump	F7: Pool 2 – PBs 1.50m and above
1.30 p.m.	Javelin	F8: U13 & U15
2.45 p.m.	Triple Jump	F9: U15s and above
2.45 p.m.	Javelin	F10: U17, U20 & Senior Men & Women



**PRE-ENTRY ONLY - £10.00 first event - £5.00 additional events. NO ON-THE-DAY ENTRIES**

**HAVERING AC MEMBERS PRIORITY ENTRY CLOSES Monday 20<sup>th</sup> March 2023**

**OPEN ENTRY: Tues 21<sup>st</sup> March closes Mon 27<sup>th</sup> March 2023 (or when entry limits reached)**

Enter on Line at: <http://www.race-results.co.uk/onlineentries/user/login.php?raceid=4818>

#### PLEASE NOTE:

Event entries will be closed early if maximum numbers in each event are reached.

Track races will generally be seeded within specific age groups but where necessary races may be combined ages and genders. For track events (apart from hurdles, 800m & 1500m) – female races will be held first, from youngest upwards, then male. Under 13s and Under 15s may only compete in either 800m or 1500m, but not both.

Throws and horizontal jumps – FOUR trials

All entrants shall be deemed to have made themselves familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of athletics, for 12 months from the meeting date 2<sup>nd</sup> April, whether or not the entrant is a citizen of, or resident in, the UK.