



# HAVERING A.C. SPRING WARM UP MEETING

## on Saturday 9<sup>th</sup> April 2022

at Hornchurch Stadium, Bridge Avenue, Upminster, Essex, RM14 2LX  
(UKA Level 1 Licence OUT 22/026. 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 p.m.	Long Jump	F1: U13 & U15
11.00 p.m.	Discus	F2: All age groups U13 & above
11.00 p.m.	High Jump	F3: All age groups U13 & above
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
1.30 p.m.	Javelin	F7: U13 & U15
2.45 p.m.	Triple Jump	F8: U15s and above
2.45 p.m.	Javelin	F9: U17, U20 & Senior Men & Women

**PRE-ENTRY ONLY - £8.00 per event - NO ON-THE-DAY ENTRIES**

**HAVERING AC MEMBERS PRIORITY ENTRY CLOSES Monday 28<sup>th</sup> March 2022**

**OPEN ENTRY: Tuesday 29<sup>th</sup> March - closes Tuesday 5<sup>th</sup> April 2022 (or when entry limits are reached)**

Enter on Line at: <http://www.race-results.co.uk/onlineentries/user/login.php?raceid=4379>



#### PLEASE NOTE:

All arrangements will be in line with any England Athletics Track and Field Competition Guidance which may apply on the meeting date.

Event entries will be closed early if maximum permitted numbers in each event are reached. Additional Field Event pools may be arranged, subject to demand and the availability of officials.

Throws and horizontal jumps – FOUR trials per athlete.

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 usually held first, from youngest upwards, then male. Under 13s and Under 15s may only compete in either 800m or 1500m, but not both.