

Event	Status	Age Groups	Time
400m Hurdles	Golden League & open	Under 20, Senior	7.00pm
800m	Golden League & open	All Age groups	7.25pm
400m	Golden League	Under 17/ 20/ Senior	8.20pm
100m	Open	All Age groups	8.35pm
3000m	Golden League & open	Under 17/ 20/ Senior	9.20pm

Event	Status	Age Groups	Time
High Jump	Golden League	Under 20, Senior	7pm
High Jump	Open	Under 13 – Under 17	8pm
Long Jump	Open	Under 11 – Under 17	7pm
Long Jump	Golden League	Under 20 - Senior	8.30pm
Shot Putt	Golden League	Under 20 - Senior	7pm
Shot Putt	Open	Under 11 – Under 17	8pm

- Golden League points are awarded in the Under 20 and Senior age groups.
- Golden League events will start at the listed times
- In horizontal jumps and throwing events every competitor will receive 3 attempts. Then the top 6 male and top 6 female will receive a further 3 attempts.
- The cost of entering an event is £2 per event.
- Non SAL members will pay a £2 levy.
- Entries open 90mins prior to the start of the event.
- All entries will close **30minutes before the start of the event.**