

TRACK	02/12/2015	06/01/2016	10/02/2016	02/03/2016
START 6.30PM	60M HURDLES	60M HURDLES	60M HURDLES	60M HURDLES
ENDS 8.00PM	followed by	followed by	followed by	followed by
(Slow-fast)	60M SPRINT	60M SPRINT	60M SPRINT	60M SPRINT

FIELD	02/12/2015	06/01/2016	10/02/2016	02/03/2016
6.15pm-7.00pm	SHOT PUTT JNR	SHOT PUTT JNR	SHOT PUTT JNR	SHOT PUTT JNR
6.30pm	LONG JUMP	LONG JUMP	LONG JUMP	LONG JUMP
7.15 pm	HIGH JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP
8.00pm-8.45pm	SHOT PUTT SNR	SHOT PUTT SNR	SHOT PUTT SNR	SHOT PUTT SNR

Jnr = u11, 13

Snr = u15+

ONLINE ENTRIES ONLY AT;

www.online-entries.co.uk

- Pole Vault will take place each TUESDAY immediately before the above OGM and will start at 6.45pm.
- Triple Jump by request at organisers discretion
- High Jump minimum height entry 1m