

**HERCULES WIMBLEDON A.C.
YOUNG ATHLETES' OPEN MEETING
CRYSTAL PALACE
SUNDAY APRIL 11th 2010 - 1ST EVENTS 1100 HOURS
UNDER UKA RULES**

TIMETABLE

Track Events				Field Events			
1100	T 1	Boys U13	1500m	1100	F 1	Girls U15	High Jump
	T 2	Girls U15	1500m		F 2	Boys U15	Discus
	T 3	Boys U15	1500m		F 3	Boys U15	Long Jump
	T 4	Womens U17	1500m		F 4	Girls U13	Shot
	T 5	Mens U17	1500m		F 5	Girls U15	Shot
1215	T 6	Girls U13	100m	1145	F 6	Womens U17	Discus
	T 7	Boys U13	100m	1230	F 7	Boys U15	Shot
	T 8	Girls U15	100m		F 8	Boys U13	Shot
	T 9	Boys U15	100m		F 9	Girls U15	Discus
	T10	Womens U17	100m		F10	Womens U17	Long Jump
	T11	Mens U17	100m		F11	Mens U17	High Jump
1400	T12	Girls U13	800m	1315	F12	Boys U15	Javelin
	T13	Girls U15	800m	1330	F13	Boys U13	Long Jump
	T14	Boys U15	800m	1400	F14	Mens U17	Discus
	T15	Womens U17	800m		F15	Womens U17	Shot
	T16	Mens U17	800m		F16	Womens U17	High Jump
1520	T17	Girls U11	600m	1445	F17	Womens U17	Javelin
1540	T18	Boys U11	1000m		F18	Mens U17	Long Jump
1600	T19	Girls U13	200m	1530	F19	Mens U17	Javelin
	T20	Boys U13	200m		F20	Girls U15	Long Jump
	T21	Girls U15	200m		F21	Mens U17	Shot
	T22	Boys U15	200m	1530	F22	Boys U15	High Jump
	T23	Womens U17	200m	1630	F23	Girls U13	Long Jump
	T24	Mens U17	200m		F24	Girls U15	Javelin

NOTE:

- **4 Trials per competitor in Field Events except for the High Jump**
- **Starting Blocks may only be used in Under 17 events**
- **All competitors to report to their event at least 10 minutes before it starts.**