Cambridgeshire Spring Graded Meeting - Sunday 5th April 2020

**PROVISIONAL TIMETABLE**

Track Field

**10.15 REGISTRATION REGISTRATION**

11.00 3/400mH Long Jump – U11s

 High Jump – to 1.49 (expected)

 Shot Put – U13s

11.20 800m

11.45 Javelin – U13s & U15s

12.00 600m – U11s Long Jump – U13s

12.15 100m Discus – all male

12.30 Pole Vault - ALL

13.00 80m – U11s

13.15 TRACK BREAK Discus – all female

13.30 TRACK BREAK Long Jump – U15s & above

13.45 300m Shot Putt – U11s

14.15 Javelin – U17s and above

14.30 Sprint hurdles Shot Put – U15 & above

15.00 1500m Triple Jump – Not U13s

15.20 200m High Jump – from 1.50 (expected)

Rules and restrictions

* **You must have collected your number 30 mins before your first event.**
* Four trials each in LJ, TJ, SP, JT & DT
* Discus will only go ahead if work on cage upgrade has not started
* U11s can only compete in three events from SP, LJ, 80m & 600m.
* U13s, U15s and U17s – max three events. 800m or 1500m, not both.
* U13s and U15s cannot run 400m or 400mH.
* U13s may not do TJ.
* 80m and 600m is only for U11s. No other ages permitted.
* Ages as of 31st August 2020