

**NOTTINGHAMSHIRE ATHLETICS NETWORK.**

**OPEN ATHLETIC EVENT AT THE INDOOR TRACK  
ENGLISH INSTITUTE OF SPORT SHEFFIELD  
Under UKA Rules.**

**TIMETABLE**

**SUNDAY 12<sup>th</sup> DECEMBER 2010**

AM 10.00 Quadkids events. Note all quadkids athletes must register by 9.00am

Order of events will be decided on the day

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PM **All athletes must register at least one hour before your first event**

12.15 Hurdles U/15 Girls U/17 Women U/15 Boys U/20 Women U/17 Men U/20 Men All Female Long Jumpers U/15, U/17 and U/20

12.45 Shot Put Males U/15, U/17 and U/20

13.00 All Male Pole Vaulters

13.15 HJ Pool A (mixed)

14.00 1000m races All Male Long Jumpers

14.30 Shot Put Females U/15,U/17 and U/20

15.00 300m / 400m races All Female Pole Vaulters and HJ Pool B (mixed)

15.15

15.30

4.00pm 60m races U/15 Girls U/15 Boys U/17 Women U/17 Men U/20 Women U/20 Men

The timetable may change during the day please listen for announcements