NOTTINGHAMSHIRE ATHLETICS NETWORK

INDOOR ATHLETICS OPEN GRADED MEETING

Sunday 25th November 2018   EIS Sheffield

Provisional Timetable – all times are approximate

Runners will be seeded in 60m, 300m and long jump based on PB supplied on entry form.   All others track races at registration.   Fastest races will be run first. Electronic timing in all track races.

10-00 am	**Registration opens**
11-30 am	**High jump - pool 1 - starting height 1m 00 (max 7 jumps per competitor)**
	High jump - pool 2 - starting height 1m 50 (max 7 jumps per competitor)
11-45 am	**Long jump - pool 3 – over 5-50m standard (3 jumps per competitor)**
	Long jump – pool 1 – under 4m standard (3 jumps per competitor)
	Long jumpers will be seeded in pools based on pb provided on entry form
12-30 pm	**3,000m**
1-00 pm	**60m – round 1 - To be run fastest athletes first eg sub 11sc 100m standard Athletes will be seeded based on PB supplied on entry form.**
	Pole vault - pool 1 - starting height 1m 50 (max 7 jumps per competitor)
2-00 pm	**Long jump - pool 2 - 4m to 5-50m standard (3 jumps per competitor) Long jumpers will seeded in pools based on pb provided on entry form Two pits will be used for this pool.**
2-00 pm	**800m**
2-00 pm	**Shot put – pool 2 – over 10m standard – 4 throws**
2-30 pm	**60m – round 2 – seeding based on times in round 1 with fastest racing first**
2-30 pm	**Pole vault - pool 2 - starting height 2-80m (max 7 jumps per competitor)**
3-00 pm	**Shot put – pool 1 – under 10m standard – 4 throws**
3- 30 pm	**60m Hurdles - round 1**
3-30pm	**Triple jump – pool 1 under 12m standard (3 jumps per competitor)**
4-00pm	**Triple jump - pool 2 – over 12m standard (3 jumps per competitor)**
4-00 pm	**300m To be run fastest athletes first eg sub 22sec 200m standard Athletes will be seeded based on 200m PB supplied on entry form.**
4- 30 pm	**60m hurdles - round 2**