

YOAC Evening Open 1 – Thursday 25th May ‘23

PROGRAMME OF EVENTS

Time	TRACK	Time	FIELD
6.30	75m – U11s	6.30	High Jump – U13 B & G
6.40	100m – U13 + all above		Discus – U13+ all ages
7.00	800m – U13+ all above		Long Jump U13 B & G
7.20	70mH – U13G	7.00	Javelin U13 B&G
7.30	75mH – U15G / U13B		Long Jump – U11s
7.40	80mH – U15B / U17W	7.30	Shot U13 + all ages
7.50	100mH – U17M + U20/SW		Howlers – U11s
8.00	1500m – U13+ all above		Long Jump – U15+ all above
8.20	600m – U11s	8.00	Javelin U15+ all above
8.30	4 x 100m relays (can be mixed teams)		High Jump – U15+ all above

EA License OUT 23/436 Level 1

RESULTS AVILABLE ON ROSTER

<https://bit.ly/ThursdayOpen1>

Scan here for link...



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