

WSEH AC Spring Open Graded Meeting – UKA Permit Level 2

Sunday 16th April 2023 at TVAC, Eton

Final Timetable

Track

- 11.30 1500m S/Chase U17M
11.45 1500m S/Chase U17W/U20W/SW
12.00 300m U15G/U15B/U17W/U17M/U20W/U20M/SW/SM
12.30 400m U15B/U17M/U20W/U20M/SW/SM
12.45 100m U13G/U13B/U15G/U15B/U17W/U17M/U20W/U20M/SW/SM
1.35 75m U11G/U11B/U13G

LUNCH BREAK

- 2.00 800m U11G/U11B/U13G/U13B/U15G/U15B/U17W/U17M/U20W/U20M/SW/SM
3.00 150m U11G/U11B/U13G
3.15 200m U13G/U13B/U15G/U15B/U17W/U17M/U20W/U20M/SW/SM
4.05 1500m U13G/U13B/U15G/U15B/U17W/U17M/U20W/U20M/SW/SM
4.30 3000m U17M/U20M/SM
4.45 3000m U15G/U15B/U17W/U20W/SW

Field

- 10.30 Long Jump (10.10 Warm Up Rounds) U11G/U11B/U13G/ U13B/U15G -
3 Jumps each
10.30 Hammer (10.10 Warm Up Rounds) U15G/U15B/U17W/U17M/U20W/U20M/SW/SM –
4 Throws each
10.30 Pole Vault (10.10 Warm Up Rounds) WSEH Closed Event
12.45 Javelin (12.25 Warm Up Rounds) U15G/U17W/U18W/U20W/SW - 4 throws each
1.40 Javelin (1.20 Warm Up Rounds) U15B/U17M/U20M/SM - 4 throws each
1.45 High Jump (1.25 Warm Up Rounds) – All Ages/Genders
3.45 Shot (3.25 Warm Up Rounds) - All Ages/Genders – 3 throws each
3.45 Long Jump (3.25 Warm Up Rounds) - U15B/U17W/U17M/U20W/U20M/SW/SM - 3
jumps each