

WSEH AC Spring Open Graded Meeting – UKA Permit Level 1

Saturday 23rd March 2024 at TVAC, Eton

Final Timetable

Track

11.30 300m U15G/U15B/U17W/U17M/U20W/U20M/SW/SM

11.55 400m U15B/U17W/U17M/U20W/U20M/SW/SM

12.20 100m U15G/U15B/U17W/U17M/U20W/U20M/SW/SM

1.15 75m U11G/U11B/U13G/U13B

LUNCH BREAK

1.50 800m U11G/U11B/U13G/U13B/U15G/U15B/U17W/U17M/U20W/U20M/SW/SM

2.25 1200m U13G/U13B

2.40 150m U11G/U11B/U13G/U13B

3.00 200m U15G/U15B/U17W/U17M/U20W/U20M/SW/SM

4.00 1500m U13G/U13B/U15G/U15B/U17W/U17M/U20W/U20M/SW/SM

4.20 3000m U15G/U15B/U17W/U17M/U20W/U20M/SW/SM

Field

11.15 Long Jump U11G/U11B/U13G/ U13B/U15G - 3 Jumps each

10.45 Hammer U15G/U15B/U17W/U17M/U20W/U20M/SW/SM – 3 Throws each

12.45 Javelin U15G/U15B/U17W/U17M/U20W/U20M/SW/SM - 3 throws each

1.30 High Jump U13G/U13B/U15G/U15B/U17W/U17M/U20W/U20M/SW/SM

3.00 Long Jump U15B/U17W/U17M/U20W/U20M/SW/SM - 3 jumps each

3.40 Shot U13G/U13B/U15G/U15B/U17W/U17M/U20W/U20M/SW/SM - 3 throws each

A reminder that this meeting is an Open Graded Meeting, so athletes of similar ability, mixed ages and gender will be in races or field events together. The events are not run by age group and gender. The only exception to this is the U11G & U11B 800m's will be held at the end of the 800m mixed races, purely for U11's. The U13G/U13B 1200m is a race purely for this age group/gender, it will be one mixed race. There is also U11G/U11B/U13G/U13B specific 75m and 150m where the races will be seeded within this category.