

BEDFORDSHIRE OPEN 9TH April 2011

Timetable

TRACK

11 00 am	70m Hurdles U13G
11 10 am	75m Hurdles U15G / U13B
11 20 am	80m Hurdles U17W / U15B
11 30 am	3000m U15 upwards
11 50 am	100m Hurdles Senior W / U20W / U17M
12 00 pm	110m H Senior M / Junior M
12 10 pm	800m
12 35 pm	75m U11B / U11G
12 40 pm	100m (including ambulant 100m)
1 30 pm	300 / 400m Hurdles U17W (300m) / U17m upwards (400m)
1 45 pm	400 m Senior M / Junior M / U17M / U15B /Senior W / Junior W (including ambulant 400m)
1 50 pm	300 m U15G / U17W
2 00 pm	1500m
2 30 pm	200 m
2 40 pm	600 m U11B / U11G
3 10 pm	Relays 4 x 100m

FIELD

10 30 am	Pole Vault U15B / U17M / Junior M / Senior M / U15G / U17W / Junior W / Senior W
10 30 am	Hammer (All less than 30m), seated shot
10 30 am	Long Jump (U11B) 3 jumps only
11 15 am	Shot (Greater than 9m), ambulant javelin
11 15 am	Long Jump (U11G) 3 jumps only
12 00 pm	High Jump (All greater than 1.45 m)
12 15 pm	Discus (All greater than 25m)
12 15 pm	Long Jump (All)
12 15 pm	Shot (All less than 9m)
1 15 pm	High Jump (All less than 1.45 m)
2 15 pm	Triple Jump (All off 11 and 13m Board)
2 00 pm	Javelin (All less than 30m)
2 00 pm	Discus (All less than 25m)
3 00 pm	Javelin (All greater than 30m)
3 00 pm	Triple Jump (All of 7 and 9m Board)