

Inverness Harriers Open Meeting
Sunday 31st March 2013
Provisional Timetable

Track	Fields		
STARTING TIME 10.30am	10am	Hammer	Sen/U20/U17M+W
U11 Boys 75 Mtrs/U11 Girls 75 Mtrs			
U13 Boys 100 Mtrs/U13 Girls 100 Mtrs			
U15 Boys 100 Mtrs	10.30am	Long Jump	U11 Boys
U15 Girls 100 Mtrs		Long Jump	U13 Girls
U17 Men 100 Mtrs		Shot Putt	U15 Boys
U17 Women 100 Mtrs		High Jump	U15 Girls
U20 Men 100 Mtrs		2 Pits	
U20 Women 100 Mtrs			
Senior Men/Women 100 Mtrs			
12.00pm	11.30am	Shot Putt	U13 Boys
U11 Boys/U11 Girls 600 Mtrs		High Jump	Sen/U20/U17M+W
U13 Boys/U13 Girls 800 Mtrs		Long Jump	U11 Girls
U15 Boys/U15 Girls 800 Mtrs		Long Jump	U15 Girls
U17 Men/U17 Women 800 Mtrs			
U20 Men/U20 Women 800 Mtrs	12.45pm	Shot Putt	Sen/U20/U17M+W*
Senior Men/Women 800 Mtrs		Long Jump	U13 Boys
1.30pm		High Jump	U13 Girls
U11 Boys/U11 Girls 150 Mtrs		Shot Putt	U15 Girls**
U13 Boys/U13 Girls 200 Mtrs		** after *	
U15 Boys/U15 Girls 200 Mtrs			
U17 Men/U17 Women 200 Mtrs			
U20 Men/U20 Women 200 Mtrs	2pm	Shot Putt	U11 Boys*
Senior Men/Senior Women 200 Mtrs		Javelin	U15 Girls/Boys
2.25pm		High Jump	U15 Boys
U15/U17/U20/Senior Men/Women 3000 Mtrs		Shot Putt	U13 Girls**
3.00pm		** after *	
U17/U20/Senior Women 1500 M S/Chase			
3.15pm			
U17/U20/Senior Men 1500 Mtrs S/Chase	3pm	High Jump	U13 Boys
3.30pm		Shot Putt	U11 Girls
U15 Girls/U17 Women 300 Mtrs		Long Jump	Sen/U20/U17M+W
U15 Boys/U17 Men 400 Mtrs		Long Jump	U15 Boys
U20 Women/Senior Women 400 Mtrs		2 Pits	
U20 Men/Senior Men 400 Mtrs			

Horizontal Jumps and all throws 4 Trials each.