

Inverness Harriers Open Meeting
Sunday 8th September 2013
Provisional Timetable

Track	Fields		
U11 B 75 Mtrs/U11 G 75 Mtrs	9.30am	Discus	Sen/U20/U17M+W
U13 B 100 Mtrs/U13 G 100 Mtrs	10.00am	Discus	U15 Boys/Girls***
U15 B 100 Mtrs			
U15 G 100 Mtrs	10.30am	Long Jump	U11 Boys
U17 Men 100 Mtrs		Javelin	U13 Girls
U15 Women 100 Mtrs		Shot Putt	U15 Boys
U20 Men 100 Mtrs		Long Jump	U15 Girls
U20 Women 100 Mtrs			
Senior Men/Women 100 Mtrs			
11.30 AM			
U11 B/U11 G 600 Mtrs	11.30am	Shot Putt	U13 Boys
U13 B/U13 G 800 Mtrs		High Jump	Sen/U20/U17M+W
U15 B/U15 G 800 Mtrs		Long Jump	U11 Girls
U17 M/U17 W 800 Mtrs		Javelin	Sen/U20/U17 M+W
U20 M/U20 W 800 Mtrs			
Senior Men/Women 800 Mtrs	12.45pm	Shot Putt	Sen/U20/U17M+W*
1.00 PM		Javelin	U13 Boys
U11 B/U11 G 150 Mtrs		High Jump	U13 Girls
U13 B/U13 G 200 Mtrs		Shot Putt	U15 Girls**
U15 B/U15 G 200Mtrs			
U17 M/U17 W 200 Mtrs			
U20 M/U20 W 200 Mtrs			
Senior M/Women 200 Mtrs	2.00pm	Shot Putt	U11 Boys*
2.00 PM		Javelin	U15Girls
U15/U17 U20/Senior 3000 Mtrs		Long Jump	U15 Boys
		Shot Putt	U13 Girls**
2.30 PM			
U15/U17/U20/Senior 1500 M/F			
2.50 PM	3.00pm	High Jump	U13 Boys
U15 G/U17 W 300 Mtrs		Shot Putt	U11 Girls
U15 B/U17 M 400 Mtrs		Long Jump	Sen/U20/U17M+W
U20 W/Senior Women 400 Mtrs		Javelin	U15 Boys
U20 M/Senior Men 400 Mtrs			
Fun Relays To Be Run When Track And Field Programmes Are Finished			***U15 Discus will not run at the same time as Senior/U20/U17 Discus***

Horizontal Jumps and all throws 4 Trials each.