

Inverness Harriers Open Meeting
Sunday 7th September 2014
Provisional Timetable

Track Starts 9.30am	Field Starts 9.30am		
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
U17 Women 100 Mtrs		Shot Putt	U15 Boys
U20 Men 100 Mtrs		Long Jump	U13/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/U15 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	U13/U15 Boys
		Shot Putt	U13 Girls**
2.30 PM			
U15/U17/U20/Senior 1500 M/F			
2.50 PM	3.00pm	High Jump	U13/U15 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.