

**INVERNESS HARRIERS OPEN GRADED MEETING
SUNDAY 4th SEPTEMBER 2016
PROVISIONAL TIMETABLE**

Track	Fields		
10.30PM	10.00AM	HAMMER	OPEN GRADED
U13 GIRLS 70M HURDLES	10.00AM	HIGH JUMP	OPEN POOL 1
U13 GIRLS/U15 BOYS 75M HURDLES			
U15 BOYS/U17 WOMEN 80M HURDLES			
U17M/U20W/SEN W 100M HURDLES	11.00AM	LONG JUMP	U13 Boys & Girls
U20MEN/SENIOR MEN 110M HURDLES	11.00AM	JAVELIN	GRADED POOL 1
11.30 AM			
400 MTRS GRADED HEATS			
	12.00PM	LONG JUMP	U11 Boys & Girls
300 MTRS GRADED HEATS		JAVELIN	U13 Boys & Girls
		SHOT PUTT	GRADED POOL2
12.15PM			
U11 B/U11 G 600 MTRS			
U13 B/U13 G 600 MTRS			
	1.00PM	DISCUS	OPEN GRADED
800 MTRS GRADED HEATS		LONG JUMP	GRADED POOL 2
		SHOT PUTT	U13 Boys & Girls
1.15PM			
U11 B 75 MTRS/U11 G 75 MTRS			
U13 B 100 MTRS/U13 G 100 MTRS			
100 MTRS GRADED HEATS	2.00PM	SHOT PUTT	GRADED POOL 1
		JAVELIN	GRADED POOL 2
		HIGH JUMP	U13 Boys & Girls
2.15PM			
U13 GIRLS 1200MTRS			
U13 BOYS 1500MTRS			
1 MILE GRADED HEATS			
3.00 PM	3.00PM	SHOT PUTT	U11 Boys & Girls
U11 B/U11 G 150 MTRS		LONG JUMP	GRADED POOL 1
U13 B/U13 G 200 MTRS		HIGH JUMP	GRADED POOL 2
200 MTRS GRADED HEATS			

All Horizontal Jumps except for the High Jump and all throws will receive 4 Trials each