



INVERNESS HARRIERS CLUB CHAMPIONSHIPS
Registration is from 6pm each night - Events Timings may
be subject to change on the night

Tuesday 16th August 2016

| | | |
|--------|---------------------|--|
| 6.45PM | 100 MTRS | UNDER 11 M/F UNDER 13 UNDER 15 UNDER 17 UNDER 20 SENIOR |
| 7.00PM | JAVELIN (POOL 1) | UNDER 11 M/F UNDER 13 |
| 7.15PM | JAVELIN | UNDER 15 M/F |
| 7.45PM | 800MTRS | UNDER 11 M/F UNDER 13 UNDER 15 UNDER 17 UNDER 20 SENIOR |

Note

All events and times are approximate and can be adjusted to suit on the evening.

Scoring will be done by Decathlon/Pentathlon point scoring system.

The five highest scoring events will be counted towards overall club age group champion.

Awards will be presented at the AGM and Awards Ceremony



INVERNESS HARRIERS CLUB CHAMPIONSHIPS

Thursday 18th August 2016

| | | |
|--------|-----------|---|
| 6.45pm | 1500mtrs | UNDER 17 UNDER 20 SENIOR UNDER 11 <i><u>U13 & U15M/F 1500 is on Tues 23rd</u></i> |
| 7.05 | High Jump | UNDER 15 M/F |
| 7.30 | Long Jump | UNDER 11 M/F UNDER 13 |

Note

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INVERNESS HARRIERS CLUB CHAMPIONSHIPS

Tuesday 23rd August 2016

| | | |
|--------|-----------------------|--|
| 6.45pm | 200mtrs | UNDER 11 UNDER 13 UNDER 15 UNDER 17 M/F UNDER 20 SENIOR |
| 7.00pm | Long Jump | UNDER 15 M/F |
| 7.15pm | 1500metres | UNDER 13 M/F & UNDER 15 M/F |
| 7.30pm | Shot Putt | UNDER 11 M/F UNDER 13 |
| 8.00pm | 300/400mtr Hurdles | UNDER 17 M/F UNDER 20 SENIOR |

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INVERNESS HARRIERS CLUB CHAMPIONSHIPS

Thursday 25th August 2016

| | | |
|--------|--------------------|--|
| 6.45pm | 300mtrs 400mtrs | UNDER 17 F UNDER 17 M/F UNDER 20 SENIOR |
| 6.45pm | High Jump | UNDER 11 M/F UNDER 13 |
| 6.45pm | Discus | UNDER 15 M/F |
| 8.00pm | 3000mtrs | UNDER 15 M/F UNDER 17 UNDER 20 SENIOR |

Note

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Awards will be presented at the AGM and Awards Ceremony



INVERNESS HARRIERS CLUB CHAMPIONSHIPS

Tuesday 30th August 2016

| | | |
|--------|-------------|--------------------------|
| 6.45pm | 70M Hurdles | UNDER 13 F |
| | 75M " | UNDER 13 M |
| | 75M " | UNDER 15 F |
| | 80M " | UNDER 15 M |
| | 80M " | UNDER 17 F |
| | 100M " | UNDER 17 M |
| | 100M " | UNDER 20 F |
| | 100M " | SENIOR F |
| | 110M " | UNDER 20 M |
| | 110M " | SENIOR M |
| 7.15PM | DISCUS | UNDER 11 M/F UNDER 13 |
| 7.30PM | TRIPLE JUMP | UNDER 15 M/F |
| 8.05PM | SHOT PUTT | UNDER 15 M/F |

Note

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