



INVERNESS HARRIERS

OPEN GRADED MEETING 9TH APRIL 2017

TIMETABLE

11.00	70mtr Hurdles	U13 Girls	10.00 Hammer	U15 + M+F
	75mtr Hurdles	U13 Boys		
	75mtr Hurdles	U15 Girls		
	80mtr Hurdles	U 15 Boys	11.00 High Jump (1.40m SH)	AAG
	80mtr Hurdles	U17 Fem	Shot Putt	U11 M+F
	100mtr Hurdles	U17 Men	Long Jump	U15/17 M+F
	100mtr Hurdles	U20 Fem		
	100mtr Hurdles	Sen Fem		
	100mtr Hurdles	U20 Men	12.00 Shot Putt	U13 M+F
	110mtr Hurdles	Sen Men	Long Jump	U15/17 M+F
			Discus	U17+ M+F
11.45	600mtrs	Sen M+F		
		U20 M+F		
		U17 M+F	13.00 Discus	U13/15 M+F
		U15 M+F	Shot Putt	U17 + M+F
		U13 M+F	Long Jump	U11 M+F
		U11 M+F		
12.45	100mtrs	Sen M+F	14.00 Shot Putt	U15 M+F
		U20 M+F	Long Jump	U13 M+F
		U17 M+F		
		U15 M+F		
		U13 M+F		
		U11 M+F		
14.00	300mtrs	Sen M+F		
		U20 M+F		
		U17 M+F		
		U15 M+F		
14.45	2000mtrs	Sen M+F		
		U20 M+F		
		U17 M+F		
		U15 M+F		

NOTE

Hammer - Invitation will be for throwers who are in regular training for the event only.

High Jump - must have a recorded jump of at least 1.40m in a previous competition.

Long Jump - Under 11 and under 13 age groups will have 3 trials only. Age groups under 15 + will have a further 3 trials if they finish in the top 6 of their pool after 3 trials.