



Wirral AC Open Medal Meeting

Sunday 14th April 2019



(at the Oval, Bebington, CH63 7LF)

Track & Field event licence: 19/192

Schedule of events (all times are approximate)

Track		
Start Time	Event	Age Groups
10.30	70m Hurdles	U13G
10.35	75m Hurdles	U13B, U15G
10.45	80m Hurdles	U15B
10.50	600m	U9G, U9B, U11G, U11B
11.00	800m	U13G, U13B, U15G, U15B, U17W, U17M, U20W, U20M, SW, SM
11.40	75m	U9G, U9B, U11G, U11B, U13G
11.50	100m	U13B, U15G, U15B, U17W, U17M, U20W, U20M, SW, SM
1.15	Lunch	Feed and water the officials
1.45	150m	U11G, U11B, U13G
2.15	200m	U13B, U15G, U15B, U17W, U17M, U20W, U20M, SW, SM
2.50	300m	U17W, U17M, U20W, U20M, SW, SM
3.10	1500m	U13B, U15G, U15B, U17W, U17M, U20W, U20M
3.20	1200m	U13G
3.30	1 mile	SW, SM
4.00	4*100m relays	U13G, U13B, U15G, U15B (trials)

Field		
Start Time	Event	Age Groups
10.45	Long Jump	U13G, U15G
11.00	High Jump	U13B, U15B
11.15	Turbo Javelin	U9G, U9B
11.30	High Jump	U17W, U17M
11.45	Shot Put	U13B, U15B
12.00	Discus Throw	U13G, U15G, U17W
12.15	Long Jump	U11G, U11B
12.15	Shot Put	U17W, U17M
1.15	Lunch	Feed and water the officials
1.45	Long Jump	U9G, U9B
1.45	Shot Put	U13G, U15G
1.45	Discus Throw	U13B, U15B, U17M
2.15	High Jump	U13G, U15G
2.30	Long Jump	U13B, U15B
2.45	Turbo Javelin	U11G, U11B
3.15	Javelin	U13G, U13B, U15G, U15B