

**SLAN time table for Super 8 Fixtures 2016**

**July 30th Woodcote High School**

**August 20th David Weir Arena (Sutton)**

**September 3rd Wimbledon Park**

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| Time | Event | Races |
| 10-00 |  Boys Under 15 Hurdles | 1 |
| 10-05 | Boys Under 13 Hurdles  | 1 |
| 10-10 | Girls Under 15 Hurdles  | 1 |
| 10-15 | Girls Under 13 Hurdles  | 1 |
| 10-25 | 800m Girls U17, 15 & 13’s | 1 |
| 10-40 | 200m Girls U17,15 & 13’s | 1,2 or 3 |
| 10-50 | 100m Girls U17, 15 & 13’s | 1,2 or 3  |
| 11-05 | Boys Under 15 & Under 13800m | 1 |
| 11-15 | Boys Under 15 & Under 13200m | 1,2 or 3 |
| 11-30 | Boys Under 15 & Under 13100m | 1,2 or 3 |
| 11-50 | Girls Under 15 & Girls Under 13 4x100m | 1 |
| 12.00 | Boys Under 15 & Boys Under 13 4x100m | 1 |

**Boys Field 10am -11am Long Jump, High Jump, Shot & Javelin**

**Girls Field 11am – 11-50am Long Jump, High Jump, Shot & Javelin**

Please note that Under 13’s, 15’s & U17’s will in some events run together but will be scored separately.

Long Jump 3 jumps, High Jump 7 jumps max success or failure, Weights in throws consistent with Age Groups.

**Max of 3 athletes per club per age group for the jumps competitions.**