**SNHAC and HAWC’s Club Champs Timetable 2022 Saturday 3rd September – Ridlins Stadium**

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| --- | --- | --- | --- |
|  | Track | Jumps | Throws |
| 11.30 |  | Pole vault | Seated Throws |
| 11.45 |  |  | Hammer |
| 12.00 | 300/400 hurdles |  |  |
| 12.15 |  |  |  |
| 12.30 | 1500 seeded races |  |  |
| 12.45 |  |  |  |
| 1.00 | U11 80 | High Jump |  |
| 1.15 | 100 seeded races  Followed by 100 wheelchair race |  | Shot |
| 1.30 |  |  |  |
| 1.45 | 300/400 seeded races  Followed by wheelchair race |  |  |
| 2.00 |  | Triple Jump |  |
| 2.15 | 3000 |  |  |
| 2.30 | 70/75/80/100/110 hurdles |  | Javelin |
| 2.45 |  |  |  |
| 3.00 |  |  |  |
| 3.15 |  |  |  |
| 3.30 | U11 600 | Long Jump |  |
| 3.45 |  |  |  |
| 4.00 | 200 seeded races  Followed by wheelchair 200 |  | Discus |
| 4.15 |  |  |  |
| 4.30 | 800 seeded races |  |  |
| 5.00 | Steeplechase |  |  |

* **U15s upwards only are allowed to run the 3000**
* **U15s and u13s may not run more than one of the 800, 1500, and 3000**
* **U13s are not allowed to run the 300/400.**
* **4 attempts in Field Events except Pole Vault and High Jump**
* **Steeplechase ‘distances’ will be determined following entries closing**
* **U11 events are 80m, 600m, high jump, long jump, shot, discus and javelin**
* Please note HJ and LJ will be in pools using both beds and pits