

# YOAC Evening Open 1 – Thursday 25<sup>th</sup> May ‘23

## PROGRAMME OF EVENTS

**Bill Whistlecroft Arena YEOVIL**

Entry via <https://bit.ly/YOACeveningOpen1>



**Some limited entries available on the day.  
Collection of numbers from 5.30pm, events start at 6.30pm.**

### PLEASE NOTE:

**£2.50 entry fee per event, YOAC/Wells City Harrier U11s events FREE-**. Maximum of **3 events** plus relay per competitor *Under 15's must not compete in more than 1 middle distance event*. Track events may be held as graded time-trials subject to number of entries. Please pre-register at the entry desk for Hurdles events and relays. Please note that "Age group +" means that age group and above eg "U15+" means under 15 athletes and anyone in any age group above.

Athletes should get to their event at least **5 MINUTES** before the given time. **Listen for announcements** as the track & field programme is subject to change and may be brought forward if numbers are low.

Time	TRACK	Time	FIELD
<b>6.30</b>	75m – U11s	<b>6.30</b>	High Jump – U13 B & G
<b>6.40</b>	100m – U13 + all above		Discus – U13+ all ages
<b>6.50</b>	800m – U13+ all above		Long Jump U13 B & G
<b>7.20</b>	70mH – U13G	<b>7.00</b>	Javelin U13 B&G
<b>7.30</b>	75mH – U15G / U13B		Long Jump – U11s
<b>7.40</b>	80mH – U15B / U17W		Seated Shot – Para Athletes
<b>7.50</b>	100mH – U17M + U20/SW	<b>7.30</b>	Shot U15+ all above
<b>8.10</b>	1500m – U13+ all above		Howlers – U11s
<b>8.20</b>	600m – U11s		Long Jump – U15+ all above
<b>8.35</b>	4 x 100m relays (can be mixed teams)	<b>8.00</b>	Javelin U15+ all above
			High Jump – U15+ all above
			Shot U13 B & G