

**NOTTS ATHLETIC CLUB SPRING SPRUCE Open Meeting
18th April 2010**

<u>Track</u>			<u>Field Event</u>	<u>Time</u>	<u>Category</u>
10.30am	300mH	U17W	Hammer	9.30am	U15M U17 Jnr/Snr/Vet
	400mH	Jnr/Snr/Vet W			
	400mH	U17M			
	400mH	Jnr/Snr/Vet M			
11.00am	80m	U11	Shot	9.30am	U13
	100m	U13		12.00	Jnr/Snr/Vet
	100m	U15		1.30pm	U17
	100m	U17		2.30pm	U15
	100m	Jnr/Snr/Vet			
			Javelin	10.30am	U13/U15
				12.45	U17/Jnr/Snr/Vet
12.00	600m	U11	Discus	12.00	U17
	800m	U13		1.45pm	U15
	800m	U15		2.30pm	Jnr/Snr/Vet
	800m	U17			
	800m	Jnr/Snr/Vet			
12.45pm	150m	U11	L. Jump	9.30am	U11
	200m	U13		10.30am	U15
	200m	U15		1.30pm	U13
	200m	U17		2.30pm	U17/Jnr/Snr/Vet
	200m	Jnr/Snr/Vet			
			H.Jump	9.30am	U15 / U17
1.20pm	2000m SC	U17/Jnr/Snr/Vet M		11.00am	U11 / U13
				1.30pm	Jnr/Snr/Vet
TRACK BREAK					
1.45pm	1500m SC	U17/Jnr/Snr/Vet W	Pole Vault	10.30	U17*
				12.45pm	Jnr/Snr/Vet
2.00pm	70mH	U13G	* if a male U13 or U15 of a good standard wishes to enter they will compete at 10.30		
	75mH	U13B			
	75mH	U15G			
	80mH	U17W			
	80mH	U15B			
	100mH	Jnr/Snr/Vet W			
	100mH	U17M			
	110mH	Jnr/Snr/Vet M	NB. Where entries allow, womens/ girls events will be run before mens/ boys, within each time slot. Limited entries may mean events merge		
2.45pm	1500m	U17			
	1500m	Jnr/Snr/Vet			
3.15pm	300m	U17W			
	400m	U15M			
	400m	U17M			
	400m	Jnr/Snr/Vet			