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| **CLUB, COUNTY & OPEN PENTATHLON AND 3,000M CHAMPIONSHIPS**  **29th June 2019** |
| **DRAFT TIMETABLE** |
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| --- | --- | --- | --- | --- | --- | --- |
|  | MALE |  |  |  | FEMALE |  |
| 10:30 | Long Jump | U17/JM/SM/VM |  | 10:30 | High Jump | U11/U13 |
|  |  |  |  | 10:30 | 100m Hurdles | JL/SL/VL |
| 11:10 | 80m Hurdles | U15 |  |  |  |  |
|  |  |  |  | 11:15 | 80m Hurdles | U17 |
| 11:20 | 75m Hurdles | U13 |  |  |  |  |
|  |  |  |  | 11:25 | 75m Hurdles | U15 |
|  |  |  |  | 11:30 | 70m Hurdles | U13 |
| 11:35 | 55m Hurdles | U11 |  | 11:35 | 55m Hurdles | U11 |
| 11:45 | High Jump | U13/U15 |  |  |  |  |
| 12:15 | High Jump | U11 |  | 12:15 | Shot | U15/U17/JL/SL/VL |
| 12:30 | Javelin | U17/JM/SM/VM |  | 12:30 | Long Jump | U11/U13 |
| 1:30 | Long Jump | U11/U13/U15 |  |  |  |  |
| 1:45 | 200m | U17/JM/SM/VM |  | 1:45 | High Jump | U15/U17/JL/SL/VL |
|  |  |  |  | 1:45 | Shot | U11/U13 |
| 3:00 | CLUB & COUNTY 3,000 m CHAMPIONSHIPS |  |  |  |  |  |
| 3:00 | Shot | U11/U13/U15 |  |  |  |  |
| 3:00 | Discus | U17/JM/SM/VM |  |  |  |  |
|  |  |  |  | 3:15 | Long Jump | U15/U17/JL/SL/VL |
|  |  |  |  | 4:00 | 600 m | U11 |
|  |  |  |  | 4:00 | 800 m | U13 |
| 4:20 | 600 m | U11 |  |  |  |  |
| 4:20 | 800 m | U13/U15 |  |  |  |  |
|  |  |  |  | 4:45 | 800 m | U15/U17/JL/SL/VL |
| 5:00 | 1,500 m | U17/JM/SM/VM |  |  |  |  |
| PLEASE NOTE: All times are approximate, it all depends on how long each group takes.  Some events are reversed to the normal pentathlon timetable | |  |  |  | 3 Throws/Jumps in all field events (except High Jump) | |