

Mark Cawte Memorial Jumps and Throws Open Meeting

Saturday 22nd September 2018

Provisional Timetable

Licence OUT 18/592

All events are under published UKA Rules.

Time	Event	Age Group
10.00	Hammer Javelin High Jump Long Jump Shot	All Female Age Groups BU13 GU13/15 LU17/20/SL MU17/20/SM
11.00	Hammer Javelin High Jump Long Jump Shot	All Male Age Groups GU13 BU13/15 MU17/20/SM LU17/20/SL
12.00	Discus Javelin Long Jump Long Jump Shot	BU13/15 GU15 BU13 GU13 GU13
13.00	Discus Javelin Pole Vault Long Jump Triple Jump	MU17/20/SM BU15 All Age Groups GU15 All Male Age Groups
14.00	Discus Javelin High Jump Long Jump Shot	LU17/20/SL MU17/20/SM LU17/20/SL BU15 GU15
15.00	Discus Javelin High Jump Shot Triple Jump	GU13/15 LU17/20/SL MU17/20/SM BU13/15 All Female Age Groups
<u>Details re Field Events</u>		
Long Jump	U13 U13/15/17/Snr	4 jumps each 3 jumps each, best 6 a further 3 jumps
High Jump	Starting Heights GU13/BU13 GU15 BU15/LU17 MU17 SL SM	1.05m 1.15m 1.25m 1.35m 1.30m 1.50m
All age groups height will progress by 5cm until 3 competitors left when there will be progression by a minimum 3cm until there is 1 athlete left who can select their own height.		
Competitors can opt to miss heights and start at any height above the starting height.		
Shot	All age groups	3 throws each, best 6 a further 3 throws
Discus/Jav.	All age groups	4 throws