

# **Arnold Seddon Medal Meeting 21/9/08**

## **Provisional Programme**

12.00	75m Hts	U9B	U9G	U11B	U11G
Start	100m Hts	U15B	U15G	U13B	U13G
	1500m	U15B	U15G	U13B	
	1200m	U13G			
	75m Finals				
	100m Finals				
	300m	U15G			
	400m	U15B			
	800m	U15B	U15G	U13B	U13G
	600m	U11B	U11G	U9B	U9G
	Hurdles	U15B	U15G	U13B	U13G
	150m	U11B	U11G	U9B	U9G
	200m	U15B	U15G	U13B	U13G

11.30	Long Jump	U11G	U11B	U9G	U9B	U13G	U13B	U15G	U15B
11.30	High Jump	U13G	U13B	U15G	U15B				
11.30	Discus	U15B	U15G						

Followed by

Shot	U13G	U13B	U15G	U15B
Cricket Ball	U9G	U9B	U11G	U11B

Events will start at the time shown on the left and age groups will follow as shown  
100/75 would be heats and finals Qualification for finals will be the fastest athletes

Other track events will be time-trials

Order may be changed at Referee's discretion

Referees decision is final in all cases