

## Sports Day 2019

### Under 14 – Open Time Table

<i>Male</i>	<i>Under 14's</i>	<i>Under 15's</i>	<i>Under 16's</i>	<i>Open</i>
Shot Put	9.50	10.30	9.30	10.10
Discus	10.30	10.10	9.50	9.30
100m	10.10	10.19	10.33	10.42
200m	1.03	1.09	1.15	1.21
400m	11.10	11.20	11.30	11.40
800m	9.55	9.55	10.00	10.05
Long Jump	10.55	11.35	12.30	1.00
High Jump	9.30	9.50	10.50	11.20
Year	4/5	6/7	8/9	10-12
4X100m Relay	2.15	2.25	2.35	2.45

<i>Female</i>	<i>Under 14's</i>	<i>Under 15's</i>	<i>Under 16's</i>	<i>Open</i>
Shot Put	9.50	10.30	9.30	10.10
Discus	10.30	10.10	9.50	9.30
100m	10.10	10.15	10.27	10.38
200m	1.00	1.06	1.12	1.18
400m	11.05	11.15	11.25	11.35
800m	9.50	9.50	10.00	10.05
Long Jump	10.55	11.35	12.30	1.00
High Jump	12.30	12.10	11.50	10.20
Year	4/5	6/7	8/9	10-12
4X100m Relay	2.10	2.20	2.30	2.40