Spring Warm Up - Sunday April 2nd
Brickfields Arena, Plymouth

Track			**Field**		
Time	**Event**	**Age Group**	**Time**	**Event**	**Age Group**
11.00	300m Hurdles	U17W	11.00	High Jump	U17W/M, SW, U20M, SM
11.05	400m Hurdles	SW,U17M, U20M, SM		Discus	All age groups
11.15	3000m	U15G/B/U17W/M/SW/U20M/SM		Long Jump	U11 (Pit 1)
11.30	100m	U13G		Vortex	U8 Panthers
	100m	U13B			
	100m	U15G	11.30	Long Jump	U8 Panthers
	100m	U15B			
	100m	U17W/SW	12.00	Long Jump	U13B/G/U15G/B (Pit 2)
	100m	U17M		Pole Vault *	All age groups
	100m	U20M/SM		Shot	U13G/B/U15B/GU17W
	100m	Wheelchair and Ambulant			
12.15	75m	U11G/U11B			
12.30	50m	U8 (Panthers)			
12.40	800m	Graded races	13.00	Long Jump	U17W/SW/U17M/U20M/SM
13.05	600m	U13G/B			
13.10	600m	U11G/B			
13.15	400m	U8 (Panthers)			
	LUNCH BREAK		13.30	Hammer	All ages
13.45	70m Hurdles	U11G/U11BU13G		Vortex	U11G/B
	75m Hurdles	U13B/U15G			
	80m Hurdles	U15B/U17W	14.00	High Jump	U13G/B/U15G/B
	100m Hurdles	U17M/SW	14.15	Javelin	U13B/G/U15G/B
	110m Hurdles	U20M/SM			
14.40	300m	U15G/U15B/U17W	14.30	Shot	SW/U17M/U20M/SM
	400m	U17M			
	400m	SW			
	400m	U20M/SM			
	400m	Wheelchair and Ambulant	15.00	Triple Jump	All ages
15.00	1500m	Graded races	15.15	Javelin	U17W/SW/U17M/U20M/SM
15.30	150m	U11G/B			
	150m	U13G/B			
	200m	U15G			
	200m	U15B			
	200m	U17W/SW			
	200m	U17M			
	200m	U20M/SM			
	200m	Wheelchair and Ambulant			
	1500m/2000mS/C*	U15/Women/U17M/Men/U20M			
16.15					
	4x100m Relays	All age groups mixed if required			

Age groups as of August 31st 2023
* Subject to sufficient prior entries