

Gateshead Open Medal Meeting

Entries close 1 hour before published start time.

You should collect your number 45 minutes before the event start time.

Track Timetable

12:30	Hurdles	U13 Girls 70m,U13 Boys 75m, U15 Girls 75m, U15 Boys 80m,U17 Women 80m, U17 Men 100m, U20 Women and Senior Women 100m,U20 and Senior Men 110m
13:00	100m	All Age Groups and Wheelchair
13:45	1200m	U13 Girls and Boys
14:00	400m	U17, U20 and Senior Men, U20 and Senior Women
14:30	300m	U15 Boys, U15 Girls and U17 Women
14:40	1500m	U15 Boys,U15 Girls, U17 Boys, U17 Girls,U20 Men,U20 Women, Senior Men and Senior Women
15:15	200m	All Age Groups

NOTES

- A) The number of heats will depend on the number of competitors that have registered for the event 1 hour before the event start time.
- B) Stadium Blocks will be available– personal blocks are permitted.
- C) All Races with more than 8 competitors will be run in heats and times combined.
- D) Events may be combined at the organisers discretion.
- E) All athletes are to report to marksmen 15 minutes before their event.

Field timetable

10:00	Club All ages	Javelin U17		Shot Putt U20/Snr
10:30	U13/15 Discus		Ambulant Shot Putt All	
11:00	Discus U17	Javelin U20/ Senior	Seated Shot Putt/ Javelin	Shot Putt U13/15
12:00	Discus U20/Snr	Javelin U13/15		
13:00			Long Jump U13	Shot Putt U17
14:00	Hammer U13/15/17	Long jumpU15/17	High jump all age groups	
15:00	hammerU20/Snr	Long Jump U15/17		Long Jump U20/Snr

Notes

- A) In events for distance all U13's and U15's will have 3 throws. All U17's, U20's and senior 's will have 4 throws. The top 3 U17's. U20's and seniors will be given an additional 2 throws.
- B) Those competitors who win a medal should report to the registration desk 30 minutes after their event.
- C) Competitors should report to the event 20 minutes before the start of their event or as instructed by the announcer.
- D) No event will start before the time given, unless all registered athletes are present.
- A) Once registered competitors may leave warm up or event to compete in a track event, but the competition will continue, and the athlete will only be able to take attempts in the round where they re-join.