

SPONSORED BY:



ORKNEY ATHLETIC CLUB
 MARCH OPEN COMPETITION
 SUNDAY 25 MARCH 2018
 10.00 am – 3.00 pm

REGISTRATION AND WARM-UP FROM 10.00AM

ALL TIMINGS ARE APPROXIMATE AND SUBJECT TO CHANGE

10.30am	10.45am	11.00am	11.15am	11.30am	11.45am	12.00 noon	12.15pm	12.30pm	12.45pm	1.00pm	1.15pm	1.30pm	1.45pm	2.00pm
75m U11 Boys ----- 75m U11 Girls	100m U13 Boys (2 heats)	75m U13 Girls (2 heats)	1200m U13 Girls 1500m U13 U15 U17 U20	300m U15 Girls U17 Girls ----- 400m U15 Boys U17 Boys SEN	200m U13 Boys ----- 150m U13 Girls (2 heats)	150m U11 Boys U11 Girls		100m U15 Boys ----- U15 Girls ----- U17 Boys U17 Girls ----- U20 Boys U20 Girls SEN			200m U15 Boys ----- U15 Girls ----- U17 Boys U17 Girls U20 Boys U20 Girls SEN			800m U11 Boys U11 Girls ----- U13 Boys U13 Girls ----- U15 Girls U15 Boys ----- U17 Girls
U13 Girls Long Jump		U15 Javelin x 3		U17/ U20 /SEN Long Jump		U13 Boys Long Jump		U13 Boys & Girls Javelin		U11 Boys & Girls Long Jump		U15 Boys & Girls Long Jump		U17/U20 Javelin
U15 Boys & Girls High Jump				U11 Boys & Girls High Jump		U13 Girls High Jump						U13 Boys High Jump		
U17/U20 Shot Putt		U11 Boys & Girls Shot Putt				U15 Boys & Girls Shot Putt				U13 Boys Shot Putt		U13 Girls Shot Putt		
								U11 Cricketball						

FUN RELAYS 2.30 PM APPROX.

(There will be no medal presentations at this competition)