

# Spenborough & District Athletic Club

## Ivan Stringer Memorial Medals Meeting

21st September 2019

Track Events start 10:30 AM

Break between

12:45 PM 1:30 PM

10:30 AM	T1	U17W	300m Hurdles Final	1:30 PM	Derek Ibbotson Mile		
10:45 AM	T2	U17M	400m Hurdles Final				
10:45 AM	T3	SM	400m Hurdles Final	1:45 PM	T18	U13B	100m Final
11:00 AM	T4	U15B	300m Final	1:55 PM	T19	U15B	100m Final
11:10 AM	T5	U17M	400m Final	2:05 PM	T20	U15G	100m Final
11:10 AM	T6	U20M	400m Final	2:05 PM	T21	U17W	100m Final
11:30 AM	T7	U13G	75m Heats	2:05 PM	T22	SW	100m Final
11:45 AM	T8	U13B	100m Heats	2:15 PM	T23	U17M	100m Final
12:00 PM	T9	SW	800m Final	2:15 PM	T24	U20M	100m Final
12:00 PM	T10	U15G	800m Final	2:15 PM	T25	SM	100m Final
12:10 PM	T11	U13B	800m Final	2:25 PM	T26	U13G	75m Final
12:10 PM	T12	U15B	800m Final	2:35 PM	T27	U11B	75m Final
12:10 PM	T13	U20M	800m Final	2:45 PM	T28	U11G	75m Final
12:10 PM	T14	SM	800m Final	2:55 PM	T29	U13B	1500m Final
12:20 PM	T15	U13G	600m Final	2:55 PM	T30	U15B	1500m Final
12:20 PM	T16	U11G	600m Final	2:55 PM	T31	U17M	1500m Final
12:30 PM	T17	U11B	600m Final	2:55 PM	T32	SM	1500m Final
				3:10 PM	T33	U15G	1500m Final
12:40 PM	U9 Lollipop Race			3:10 PM	T34	SW	1500m Final
				3:25 PM	T35	U13G	1200m Final
				3:40 PM	T36	U17M	200m Final
				3:50 PM	T37	U20M	200m Final
				3:50 PM	T38	SM	200m Final
				4:00 PM	T39	U13B	200m Final
				4:10 PM	T40	U15B	200m Final
				4:20 PM	T41	U15G	200m Final
				4:20 PM	T42	U17W	200m Final
				4:20 PM	T43	SW	200m Final
				4:30 PM	T44	U13G	150m Final
				4:40 PM	T45	U11G	150m Final
				4:50 PM	T46	U11B	150m Final

Please note that the Officials will endeavour to keep to the timetable. Any changes will be announced on the day. Ensure that you arrive early enough to collect your numbers and warm up for the event.