



# LASSWADE ATHLETICS CLUB

## Club Competition 2023 Provisional Timetable

Track					Field				
T1	18:00	60m	U9	Boys and Girls	18:00	F1 F5	Shot Putt	U11 U13	Boys and Girls
T2	18:05	75m	U11	Girls		F14	Turbo Javelin	U11	Boys and Girls
T3	18:10	75m	U11	Boys		F3	Long Jump	U15	Boys and Girls
T4	18:15	100m	U13	Girls		F8 F4	High Jump	U11 U17	Boys and Girls
T5	18:20	100m	U13	Boys					
T6	18:25	100m	U15	Girls					
T7	18:30	100m	U15	Boys					
T8	18:35	100m	U17	Girls					
T9	18:40	100m	U17	Boys					
T10	18:50	600m	U11	Boys and Girls	18:40	F2 F6	Javelin	U13 U15	Boys and Girls
T11	18:55	800m	U13	Boys and Girls		F7	Long Jump	U17	Boys and Girls
T12		800m	U15	Boys and Girls		F12 F16	High Jump	U13 U15	Boys and Girls
T13		800m	U17	Boys and Girls		F17	Shot Putt	U9	Boys and Girls
T14	19:05	110m Invitational Handicap Sprint							
T15	19:15	150m	U11	Girls					
T16	19:20	150m	U11	Boys					
T17	19:25	200m	U13	Girls	19:20	F9 F13	Shot Putt	U15 U17	Boys and Girls
T18	19:30	200m	U13	Boys		F10	Javelin	U17	Boys and Girls
T19	19:35	200m	U15	Girls		F15	Long Jump	U13	Boys and Girls
T20	19:40	200m	U15	Boys		F18	Standing Long Jump	U9	Boys and Girls
T21	19:45	200m	U17	Girls					
T22	19:50	200m	U17	Boys					
T23	20:00	1500m	U13	Boys and Girls	20:00	F11	Long Jump	U11	Boys and Girls
T24		1500m	U15	Boys and Girls					
T25		1500m	U17	Boys and Girls					
T26	20:20	4x100m Relay (or on completion of U11 Long Jump)							
	20:40	Presentation of Awards							

- Athletes can wear either their own kit or Lasswade AC kit.
- If you are competing in 2 events at the same time please report to both and officials will do their best to allow you to jump or throw before or after your track event.
- Athletes should use the warm up area on the grass outside the track and only go inside the track with a Marshall when competing.