

**ISLE OF MAN AA OPEN MEETING**  
**Programme for Wednesday 25th May 2016**

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	<b>U13G</b>	<b>U13B</b>	<b>U15G</b>	<b>U15B</b>	<b>U17G</b>	<b>U17B</b>	<b>JSVw</b>	<b>JSVm</b>
6.30pm	70m Hurdles	75m Hurdles	75m Hurdles	80m Hurdles	80m Hurdles	100m Hurdles	100m Hurdles	110m Hurdles
6.30pm	Shot putt	Shot putt	Javelin	Javelin	High jump	High jump	High jump	High jump
7.00pm	1200							
7.00pm	High jump	High Jump			Shot putt	Shot putt	Shot putt	Shot putt
7.10pm		1500	1500	1500	1500	1500	1500	1500
7.20pm	75m		Shot putt	Shot putt				
7.25pm		100m	100m	100m	100m	100m	100m	100m
7.30pm	Javelin	Javelin	High jump	High jump				
7.40pm			3000m	3000m	3000m	3000m	3000m	3000m
7.55pm			300m	300m				
8.00pm					400m	400m	400m	400m
8.00pm					Javelin	Javelin	Javelin	Javelin

**U13+ 3 attempts at field events**

**Maximum 3 EVENTS per evening all age groups**

**Athletes can only compete in EITHER the 1500m OR 3000m**

**This is a competition night and no coaching will be given, therefore please only enter technical events that you have had some training for and are competent in.**