**ISLE OF MAN AA OPEN MEETING**

Programme for Wednesday 6th July 2016

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **U13G** | **U13B** | **U15G** | **U15B** | **U17G** | **U17B** | **JSVw** | **JSVm** |
| 6.30pm | 70m Hurdles | 75m Hurdles | 75m Hurdles | 80m Hurdles | 80m Hurdles | 100m Hurdles | 100m Hurdles | 110m Hurdles |
| 6.30pm | Shot Putt | Shot Putt | Hammer | Hammer | Long Jump  Pit 1 | Long Jump  Pit 1 | Long Jump  Pit 1 | Long Jump  Pit 1 |
| 6.55pm | 75m |  |  |  |  |  |  |  |
| 7.00pm |  | 100m | 100m | 100m | 100m | 100m | 100m | 100m |
| 7.00pm | Long Jump  Pit 1 | Long Jump  Pit 2 | Shot Putt | Shot Putt | Hammer | Hammer | Hammer | Hammer |
| 7.10pm | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 1 Mile | 1 Mile |
| 7.30pm | Discus | Discus | Long Jump  Pit 1 | Long Jump  Pit 2 | Shot Putt | Shot Putt | Shot Putt | Shot Putt |
| 7.35pm | 150m | 200m | 200m | 200m | 200m | 200m | 200m | 200m |
| 7.55pm |  |  | 300m | 300m |  |  |  |  |
| 8.00pm |  |  |  |  | 400m | 400m | 400m | 400m |