

Sandra Luke Memorial 5 Star Award & 10 Step Young Athletes Meeting 2018

Sunday, May 27th 2018

Timetable

| | | | | | |
|---------------|-------|----------------|-----------|-------|------------|
| 10 Step Girls | 13:00 | Object Pick Up | U13 Girls | 11:25 | 200m |
| | 13:45 | Howler Throw | | 12:30 | Javelin |
| | 14:15 | Long Jump | | 12:40 | 100m |
| | 14:45 | 50m Sprint | | 13:00 | High Jump |
| | 16:00 | 800m Jog | | 13:15 | Shot |
| 10 Step Boys | 13:00 | Object Pick Up | | 14:20 | 70mHurdles |
| | 13:45 | Howler Throw | | 15:30 | Long Jump |
| | 14:15 | Long Jump | | 16:00 | Discus |
| | 14:45 | 50m Sprint | | 16:20 | 800m |
| | 16:00 | 800m Jog | U13 Boys | 11:00 | High Jump |
| U10 Girls | 11:00 | Cricket Ball | | 11:30 | Javelin |
| | 11:50 | 75m | | 11:40 | 200m |
| | 12:00 | High Jump | | 12:55 | 100m |
| | 13:00 | Long Jump | | 14:00 | Discus |
| | 14:00 | 55mHurdles | | 14:40 | 80mHurdles |
| | 15:20 | 800m | | 15:30 | Long Jump |
| U10 Boys | 11:55 | 75m | | 16:00 | Shot |
| | 12:00 | High Jump | | 16:30 | 800m |
| | 13:30 | Long Jump | U14 Girls | 11:00 | High Jump |
| | 14:05 | 55mHurdles | | 11:30 | 200m |
| | 15:15 | Cricket Ball | | 11:45 | Long Jump |
| | 15:30 | 800m | | 12:30 | Javelin |
| U11 Girls | 11:00 | Cricket Ball | | 13:05 | 100m |
| | 12:00 | 75m | | 13:15 | Shot |
| | 12:00 | High Jump | | 14:30 | 75mHurdles |
| | 13:00 | Long Jump | | 16:00 | Discus |
| | 14:00 | 55mHurdles | | 16:40 | 800m |
| | 15:00 | 800m | U14 Boys | 11:30 | Javelin |
| U11 Boys | 12:00 | High Jump | | 11:45 | 200m |
| | 12:05 | 75m | | 13:15 | 100m |
| | 14:05 | 55mHurdles | | 13:30 | Long Jump |
| | 15:00 | Long Jump | | 14:00 | Discus |
| | 15:10 | 800m | | 14:45 | 80mHurdles |
| | 15:15 | Cricket Ball | | 15:00 | High Jump |
| U12 Girls | 11:00 | Long Jump | | 16:00 | Shot |
| | 11:20 | 200m | | 16:50 | 800m |
| | 12:15 | 100m | U15 Girls | 11:00 | High Jump |
| | 12:30 | Javelin | | 11:30 | 200m |
| | 13:00 | High Jump | | 11:45 | Long Jump |
| | 13:15 | Shot | | 12:30 | Javelin |
| | 14:20 | 70mHurdles | | 13:10 | 100m |
| | 15:40 | 800m | | 13:15 | Shot |
| | 16:00 | Discus | | 14:30 | 75mHurdles |
| U12 Boys | 11:00 | Long Jump | | 16:00 | Discus |
| | 11:30 | Javelin | | 16:40 | 800m |
| | 11:35 | 200m | U15 Boys | 11:30 | Javelin |
| | 12:30 | 100m | | 11:45 | 200m |
| | 13:00 | High Jump | | 13:15 | 100m |
| | 14:00 | Discus | | 13:30 | Long Jump |
| | 14:40 | 80mHurdles | | 14:00 | Discus |
| | 15:50 | 800m | | 14:45 | 80mHurdles |
| | 16:00 | Shot | | 15:00 | High Jump |
| | | | | 16:00 | Shot |
| | | | | 16:50 | 800m |

PLEASE REPORT FOR YOUR EVENTS AT LEAST 10 MINUTES BEFORE THE START TIME. IF YOU ARE WORRIED ABOUT A CLASH WITH THE TIMING OF ANOTHER EVENT, REPORT TO THE FIELD EVENT AND LET THE EVENT JUDGE KNOW THAT YOU ARE TAKING PART IN A TRACK EVENT

WE REGRET THAT EVENTS CANNOT BE CHANGED ON THE DAY