



## multi-events programme

**MULTI-EVENTS, and in this case Pentathlon, are not only fun but are rewarding. They are an opportunity for athletes of all ages and abilities to compete not only against others but also against themselves in the setting of their own standards.**

**COACHES agree that young athletes should try a range of events, whilst older ones might like to try a change of events or a new one.**

**ENTER NOW! for a great day of athletics! Who knows? You could even be the next Dean Macey or Jessica Ennis!!**

Time	MEN				WOMEN			
	U13B	U15B	U17M	U20M & SM	U13G	U15G	U17W	U20W & SW
10.00			100mH	LJ <sup>1</sup>				100mH
10.15	75mH				LJ <sup>2</sup>	LJ <sup>2</sup>		
10.30		80mH					80mH	
10.45								
11.00								Shot <sup>1</sup>
11.30	Shot <sup>2</sup>		LJ <sup>1</sup>	Javelin				
11.45							Shot <sup>1</sup>	
12.00								HJ
12.15		Shot <sup>2</sup>						
12.30						75mH		
12.45					70mH			
13.00	Discus		HJ	200m			HJ	
13.15		LJ <sup>2</sup>				Shot <sup>1</sup>		
14.00				Discus	Shot <sup>1</sup>			
14.30	LJ <sup>2</sup>	HJ	Shot <sup>2</sup>					
15.00					HJ	HJ		
15.30							LJ <sup>1</sup>	LJ <sup>1</sup>
16.00*	800m							
16.15*		800m						
16.30*			1500m					
16.45*				1500m				
17.00*								800m
17.15*					800m	800m	800m	

\* These events may be brought forward depending on times at which preceding events finish.