

**YOAC Spring Open Day1 - Inc SW Sapphire League**  
30/03/2024, Yeovil (Bill Whistlecroft Athletics Arena, Yeovil)

**YOAC Spring Open Day1 - Inc SW Sapphire League · 30/03/2024**

Time	Gender	Event	Round	Age group
10:30	Mixed Adults & Youth	<b>Discus Throw (U13 &amp; U15s)</b>	Final Group A	Multiple
10:30	Mixed Adults & Youth	<b>Hammer Throw (U20 &amp; Seniors)</b>	Final	Multiple
11:00	Women & Girls	<b>800m</b>	Final A	Multiple
11:00	Mixed Adults & Youth	<b>Discus Throw (U13 &amp; U15s)</b>	Final Group B	Multiple
11:06	Women & Girls	<b>800m</b>	Final B	Multiple
11:12	Women & Girls	<b>800m</b>	Final C	Multiple
11:20	Men & Boys	<b>800m</b>	Final A	Multiple
11:26	Men & Boys	<b>800m</b>	Final B	Multiple
11:30	Mixed Adults & Youth	<b>Long Jump (up to 5m)</b>	Final	Multiple
11:32	Men & Boys	<b>800m</b>	Final C	Multiple
11:38	Men & Boys	<b>800m</b>	Final D	Multiple
12:05	Men & Boys	<b>110m Hurdles (U20 &amp; M35-49)</b>	Final A	Multiple
12:10	Men & Boys	<b>110m Hurdles (U20 &amp; M35-49)</b>	Final B	Multiple
12:15	Men & Boys	<b>100m Hurdles (U17m &amp; M50-59)</b>	Final	Multiple
12:15	Mixed Adults & Youth	<b>Hammer Throw (U15, U17s)</b>	Final	Multiple
12:20	Women & Girls	<b>100m Hurdles (U20W, SW, W35-39)</b>	Final A	Multiple
12:25	Women & Girls	<b>100m Hurdles (U20W, SW, W35-39)</b>	Final B	Multiple

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12:30	Mixed Adults & Youth	<b>Shot Put (U20 &amp; Senior)</b>	Final Group A	Multiple
12:30	Mixed Adults & Youth	<b>Shot Put (U20 &amp; Senior)</b>	Final Group B	Multiple
12:35	Boys	<b>80m Hurdles</b>	Final	U15
12:45	Women & Girls	<b>80m Hurdles (U17W, W40-49)</b>	Final A	Multiple
12:50	Women & Girls	<b>80m Hurdles (U17W, W40-49)</b>	Final B	Multiple
13:10	Girls	<b>75m Hurdles</b>	Final	U15
13:15	Boys	<b>75m Hurdles</b>	Final	U13
13:20	Girls	<b>70m Hurdles</b>	Final	U13
13:55	Mixed Adults & Youth	<b>300m Hurdles (U17W, W50-59, M60-69)</b>	Final	Multiple
14:00	Women & Girls	<b>400m Hurdles (SW, U20W, W35-49)</b>	Final A	Multiple
14:00	Mixed Adults & Youth	<b>Discus Throw (U17, U20 &amp; Seniors)</b>	Final	Multiple
14:05	Women & Girls	<b>400m Hurdles (SW, U20W, W35-49)</b>	Final B	Multiple
14:15	Men & Boys	<b>400m Hurdles</b>	Final A	Multiple
14:15	Women & Girls	<b>High Jump</b>	Final	Multiple
14:20	Men & Boys	<b>400m Hurdles</b>	Final B	Multiple
14:30	Mixed Adults & Youth	<b>Long Jump (5m and Over)</b>	Final	Multiple
14:40	Mixed Adults & Youth	<b>1500m Steeplechase (U15s 76.2cm height)</b>	Final	Multiple

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14:50	Women & Girls	<b>1500m Steeplechase (U17W, U20W)</b>	Final	Multiple
15:00	Women & Girls	<b>2000m Steeplechase (U20W, SW)</b>	Final	Multiple
15:15	Boys	<b>1500m Steeplechase</b>	Final	U17
15:25	Boys	<b>2000m Steeplechase (U18m)</b>	Final	U18
15:35	Men & Boys	<b>2000m Steeplechase (U20M, Masters Men)</b>	Final	Multiple
15:45	Men	<b>3000m Steeplechase</b>	Final	Senior
15:50	Mixed Adults & Youth	<b>Shot Put (u13, u15, u17)</b>	Final	Multiple
16:10	Men & Boys	<b>100m</b>	Final A	Multiple
16:14	Men & Boys	<b>100m</b>	Final B	Multiple
16:15	Men & Boys	<b>High Jump</b>	Final	Multiple
16:18	Men & Boys	<b>100m</b>	Final C	Multiple
16:22	Men & Boys	<b>100m</b>	Final D	Multiple
16:26	Men & Boys	<b>100m</b>	Final E	Multiple
16:30	Men & Boys	<b>100m</b>	Final F	Multiple
16:35	Women & Girls	<b>100m</b>	Final A	Multiple
16:38	Women & Girls	<b>100m</b>	Final B	Multiple
16:42	Women & Girls	<b>100m</b>	Final C	Multiple

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Time	Gender	Event	Round	Age group
16:46	Women & Girls	<b>100m</b>	Final D	Multiple

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