

INDEX OF EVENTS & APPROXIMATE TIMES - SURREY TRACK & FIELD CHAMPIONSHIPS 2009

Men	Senior	U20	U17	U15	U13
100m	Sun: Hts 3.05; SF 4.35; F 5.50	Sat: Hts 3.40; F 4.45	Sun: Hts 2.30; SF 4.25; F 5.45	Sat: Hts 3.45; F 4.50	Hts 2.50 Sun F 4.40 Sun
200m	Sat: Hts 12.10; SF 3.00; F 4.40	Sun: Hts 12.30 F 3.45	Sat: Hts 11.50; SF 2.55; F 4.35	Sun: Hts 12.10 F 3.50	Sat: Hts 11.40 F 3.05
400m	Hts 3.20 Sun F 5.55 Sun	Hts 2.30 Sat F 5.05 Sat	Hts 3.35 Sun F 6.00 Sun	Hts 4.00 Sat F 5.55 Sat	
800m	Hts 3.10 Sat F 6.05 Sat	F 11.00 Sun	Hts 12.35 Sat F 5.15 Sat	Hts 11.35 Sun F 4.45 Sun	Hts 11.15 Sat F 4.15 Sat
1500m	F 5.00 Sun	F 5.20 Sat	F 2.25 Sun	Hts 10.50 Sat F 4.30 Sat	Hts 12.55 Sun F 5.10 Sun
5000m	F 1.35 Sat	3000m: F 4.05 Sun	3000m: F 4.05 Sun	3000m F 11.50 Sun	
110H	F 4.25 Sat	F 4.20 Sat	100H: F 4.10 Sat	80H: F 11.35 Sat	75H: F 11.05 Sat
400H	F 1.55 Sun	F 1.50 Sun	F 1.45 Sun		
3k Walk	F 5.30 Sat	F 5.30 Sat	F 5.30 Sat	F 5.30 Sat	
3000SC	all age groups - to be held at Horsham on Sept 12/13 weekend				
HJ	3.00 Sun	3.00 Sun	10.30 Sun	1.45 Sun	12.30 Sat
PV (2m min)	11.15 Sat	11.15 Sat	11.15 Sat	11.15 Sat	
LJ	12.30 Sat	12.30 Sat	2.00 Sun	10.30 Sun	1.45 Sat
TJ	11.30 Sun	11.30 Sun	12.30 Sun		
SP	2.00 Sat	2.00 Sat	4.00 Sat	4.00 Sat	4.00 Sat
DT	3.00 Sat	3.00 Sat	12.00 Sun	12.00 Sun	12.00 Sun
HT (20m+)	10.00 Sat	10.00 Sat	10.00 Sat	10.00 Sat	
JT	4.00 Sun	4.00 Sun	4.00 Sun	5.00 Sat	5.00 Sat
Women	Senior	U20	U17	U15	U13
100m	Hts 2.20 Sat F 4.55 Sat	F 3.00 Sun	Hts 2.10 Sat F 4.55 Sat	Sun: Hts 2.40; SF 4.30; F 5.40	Sat: Hts 2.00 SF 3.35; F 5.00
200m	Hts 12.50 Sun F 4.00 Sun	Hts 12.30 Sat F 2.50	Hts 12.40 Sun F 3.55 Sun	Sat: Hts 12.00; SF 2.45; F 4.30	Hts 12.20 Sun F 3.40 Sun
400m	Hts 2.40 Sat F 6.00 Sat	F 3.30 Sun	300m:- Hts 3.15 F 5.10 both Sat		
800m	F 3.25 Sat	F 3.30 Sat	Hts 3.20 Sat F 6.00 Sat	Hts 11.25 Sat F 4.05 Sat	Hts 11.20 Sun F 4.50 Sun
1500m	F 11.10 Sun	F 11.10 Sun	F 5.25 Sat	Hts 1.20 Sun 5.20 Sun	Hts 10.40 Sat 4.30 Sat
3000m	F 5.30 Sun	F 5.30 Sun	F 5.30 Sun		
100H	F 3.55 Sat	F 3.50 Sat	80H - Hts 11.10 F 12.45 both Sat	75H - Hts 11.00 F 12.35 both Sat	70H F 10.30 Sat
400H	F 2.10 Sun	F 2.05 Sun	300H: 2.15 Sun		
3k Walk	F 5.30 Sat	F 5.30 Sat	F 5.30 Sat	F 5.30 Sat	
HJ	11.00 Sat	11.00 Sat	11.00 Sat	12.00 Sun	12.00 Sun
PV (2m min)	10.45 Sun	10.45 Sun	10.45 Sun	10.45 Sun	
LJ	3.00 Sat	3.00 Sat	12.00 Sun	10.15 Sat	1.00 Sun
TJ	2.15 Sun	2.15 Sun	2.15 Sun		
SP	1.00 Sun	1.00 Sun	1.00 Sun	12.30 Sat	12.30 Sat
DT	1.45 Sat	1.45 Sat	2.00 Sun	2.00 Sun	2.00 Sun
HT (20m+)	10.30 Sun	10.30 Sun	10.30 Sun	10.30 Sun	
JT	12.00 Sat	12.00 Sat	12.00 Sat	4.00 Sat	4.00 Sat

This timetable is based on last year's entries. When this year's entry numbers are known a final timetable will be sent to competitors in their addressed envelopes a week before the Championships.