

Running Order

08:30 Chip collection (club secretary/representative only)

09:00 Doors Open

09:15 Mini/Pupil/Cadet Warm up

09:30 Youth/Junior/Senior/Masters Warm up

09:45 Track Cleared / Officials Meeting

10:00 **Dobbin Sprints**

Mini Warm up

Mini Girls Mini Boys

Pupil Warm up

Pupil Girls Pupil Boys

Cadet Warm up

Cadet Girls Cadet Boys

Youth Warm up

Youth Girls Youth Boys

Junior Warm up

Junior Girls Junior Boys

Masters Warm up

Masters Ladies Masters Men

Senior Warm up

Senior Ladies Senior Men

RAT Races

Middle Distance

Pupil Warm up (2 mins)

Youth Boys Warm up

Pupil Girls 300m Heat 1

Pupil Girls 300m Heat 2

Pupil Boys 300m Heat 1

Pupil Boys 300m Heat 2

Youth Boys 500m Heat 1

Youth Boys 500m Heat 2

Senior Men/Masters Men Warm up

Masters Mens 500m Heat 1

Masters Mens 500m Heat 2

Senior Men 500m Heat 1

Senior Men 500m Heat 2

Senior Men 500m Heat 3

Mini/Pupil/Cadet Warm up

Mini Girls 200m Final

Mini Boys 200m Final

Pupil Girls 300m Final

Pupil Boys 300m Final

Cadet Girls 500m Final

Cadet Boys 500m Final

Youth/Junior/Senior/Masters Warm up

Youth Girls 500m Final

Youth Boys 500m Final

Junior Girls 500m Final

Junior Boys 500m Final

Masters Ladies 500m Final

Masters Mens 500m Final

Senior Ladies 500m Final

Senior Mens 500m Final

RAT Races

Pupil Boys 1000m Heat 1	Pupil Boys 1000m Heat 2
Masters Men 1500m Heat 1	Masters Men 1500 Heat
Senior Men 1500m Heat 1	Senior Men 1500m Heat 2

Dobbin Sprint and Middle Distance Presentations

LunchYouth/Junior/Senior/Masters Mens Relay heats warm up

3000m Relay Heat 1	3000m Relay Heat 2
3000m Relay Heat 3	3000m Relay Heat 4

Mini/Pupil/Cadet warm up

Mini Girls 500m Final	Mini Boys 500m Final
Pupil Girls 1000m Final	Pupil Boys 1000m Final
Cadet Girls 1000m Final	Cadet Boys 1000m Final

Youth/Junior/Senior/Masters Warmup

Youth Girls 1500m Final	Youth Boys 1500m Final
Junior Girls 1500m Final	Junior Boys 1500m Final
Masters Ladies 1500m Final	Masters Mens 1500m Final
Senior Ladies 1500m Final	Senior Mens 1500m Final

RAT RacesPupil/Cadet Relay warm up

Pupil/Cadet Girls 2000m Relay Final	Pupil/Cadet Girls 2000m Relay Final
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Youth/Junior/Senior/Masters Relay warm up

Youth/Junior/Senior/Masters Womens 3000m Relay Final
Youth/Junior/Senior/Masters Mens 3000m Relay Final

16:30

Presentations