

Harrow AC Race Night 9th September 2021 - Detailed Timetable

	Warmup time	Warmup area	Event Time
Hammer	17.30	Throws cage	18:00
Discus	18.15	Throws cage	18.45
1500m U11/13 Race 1	17.40	Back straight	18.10
1500m U11/13 Race 2	17.45	Back straight	18.15
100m Race 1	18.10	Back straight	18.40
100m Race 2	18.15	Back straight	18.45
100m Race 3	18.20	Back straight	18.50
100m Race 4	18.25	Back straight	18.55
100m Race 5	18.30	Back straight	19.00
100m Race 6	18.35	Back straight	19.05
100m Race 7	18.40	Back straight	19.10
400m Race 1	18.55	Back straight	19.25
400m Race 2	19.00	Back straight	19.30
100m Race 1	19.20	Back straight	19.50
100m Race 2	19.25	Back straight	19.55
100m Race 3	19.30	Back straight	20.00
100m Race 4	19.35	Back straight	20.05
100m Race 5	19.40	Back straight	20.10
1500m Race 1	19.50	Back straight	20.20
1500m Race 2	20.00	Back straight	20.30