

Winter Rules

**Sale Harriers.....Winter Indoor Series. At Sportcity.**

**2024/25 Timetable/Parking rules.**

**Timetable:**

- 10.30am 60m hurdles**
- 10.30am PV Pool 1 Opening height approx. 2 metres.**
- 10.30am Long Jump Pool 1 under 5m 4 trials**  
Note (hurdlers can opt for Pool 2 if so desired)
- 11.00am 60m flat....senior down to U15.**
- 12.15pm Long Jump Pool 2 Over 5m 4 trials**
- 13.15pm PV Pool 2 Opening height from 3m 20cm**
- 13.30pm 600 plus (300 or 200m) runs in that order Senior down to U15.**
- 13.30pm High Jump 2 beds**
- 13.30pm Shot Putt U15/U17 only 4 trials**
- 16.00pm 2<sup>nd</sup> run over 60 metres for all 60m runners incl hurdlers..**

**All times are approx. after the 10.30am start times.**

**Numbers to be picked up at reception from 9.15am.**

**Please bring own pins.**

**Parking:**

**Please access via Gate 2 off Alan Turing Way (A6010). Rear of the main Stadium.**

**Opposite side to the Asda store.**

**Vaulters can drop off their poles via Gate 13 (Rowsley Street), but must return and park at Gate 2. Google 'Sportcity' for detailed map.**

**Note U13s athletes are NOT allowed to do 300m races.**

**Any problems call me 0778 7918529.**

Jack Frost