

**Track Timetable**

<u>Time</u>	<u>Event</u>	<u>Age Group</u>
11:15	400m Hur	U17M
	400m Hur	SW
	400m Hur	SM
11:25	<b>75m</b>	<b>U10 G&amp;B</b>
	75m	U11G & B
11:45	1 Mile	U15G & B
	1 Mile	U17W & M
	1 Mile	SW, SM, VW & VM
12:10	100m	U13G & B
	100m	U15G & B
12:25	100m	U17W & M
	100m	SW, SM, VW & VM
12:40	3000m	U15G/B & U17W/M

**LUNCH BREAK**

13:20	70m Hur	U13G
13:30	75m Hur	U13B/U15G
13:45	80m Hur	U17W
	80m Hur	V40W & V70M
	80m Hur	U15B
14:00	800m	U15G & B
	800m	U17W & M
	800m	SW, SM, VW & VM
	800m	U13G & B
14:25	110m Hur	U20M, SM, V40M
14:50	300m	U15G/U17W
	400m	U15B/U17M/U17W
	400m	SW, SM, VW & VM
15:15	<b>600m</b>	<b>U10 G&amp;B</b>
	600m	U11G & B
15:30	150m	U11G & B
	150m	U13G & B
	200m	U15G & B
	200m	U17W & M
	200m	SW, SM, VW & VM
16:00	5000m	U20/S/V M&W
16:30	5x80m Relay	U11G & B
	4x100m Relay	U13G & B
Mt 2	4x200m Relay	U15 and upwards
Mt 4	Medley	U15 and upwards
	100m/200m/ 200m/300m	

**Field Timetable**

<u>Time</u>	<u>Event</u>	<u>Age Group</u>
11:00	Discus	U17M & U20M
	Discus	SM & VM
	Shot	U17W, SW & VW
	Long Jump	U13B & U15B
	Long Jump	U11B
11:45	Javelin	U15B
	Shot	U13G & U15G
	Shot	U11G
	Long Jump	U17M, SM & VM
12:30	High Jump	U13G & U15G
	High Jump	U17W, SW & VW
	High Jump	U11G
	<b>Long Jump</b>	<b>U10 G&amp;B</b>
12:50	Hammer	U15B/G & U17M/W
	Hammer	U20M, SM & VM
	Hammer	SW & VW
13:30	Javelin	U15G & U17W
	Javelin	SW & VW
	Shot	U13B & U15B
	Shot	U11B
	Long Jump	U13G & U15G
	Long Jump	U11G
14:00	High Jump	U17M, SM & VM
	<b>Vortex Throw</b>	<b>U10 G&amp;B</b>
14:15	Discus	U17W, SW & VW
15:00	Javelin	U17M, SM & VM
	Long Jump	U17W, SW & VW
15:15	High Jump	U13B & U15B
	High Jump	U11B
	Shot	U17M & U20M
	Shot	SM & VM
	Javelin	U13G & B
16:00	Discus	U15G & B
	Triple Jump	U15G, U15B
	Triple Jump	U17W, SW & VW
	Triple Jump	U17M, SM & VM

**U10 Boys and Girls** compete in all four events on the day to score points in the Quad Kids competition. Certificates will be awarded. **U11s** choose any 3 events from 6.

**Entry on the Day**  
£3.00 Juniors, £4.00 Seniors

U13s and U15s may not compete in more than 1 event of 800m or over on the same day.