

North Yorkshire & South Durham Track & Field

Fixture 4: Middlesbrough 13th June

Track		Field	
Approx Time		Approx Time	
6.30	300m U15 Boys U15 Girls	6.10	Hammer U17/Men & Wom Pole Vault U13/U15/U17/U20/vet/Men & Wom
6.35	1500m U13 Boys U13 Girls	6.30	Long Jump u11 Girls
6.50	400m Graded U17/Sen Men Wom	6.30	600g Shot u11 Boys
7.00	75m u11 Boy/Girls	7.00	Shot U15 Boys U15 Girls
7.10	100m U13 Boys 100m U13 Girls 100m U15 Boys 100m U15 Girls	7.15	Long Jump U13 Boys / Girls
	100m Graded U17/Sen Men Wom	7.25	Shot U17/Sen Men Women
7.50	3000m U15 Boys/Girls (u17 Wom)* 3000m U17/Sen Men Wom	7.45	Shot U13 Boys / Girls
		7.45	Long Jump U17/Sen Men Wom
		8.15	Long Jump U15 Boys / Girls

Notes:

Under 11 are school year 5 only

Graded Races are for U17 to Senior Men & Women **ONLY**

Field Events

2 Trials for U11's

3 Trials for all other age groups+

4 trials for top 6 subject to referee's discretion

+Where the number of long jump competitors is high and there are insufficient officials to operate two pits - the referee may decide to curtail competition to 2 trails

*U17 Women may opt to run with u15's if they wish, otherwise with seniors.

FOR ALL THROWING EVENTS:

"Sen" includes U20 and Vets who should throw the **appropriate weight for their age category**.