

# North Yorkshire & South Durham Track & Field

Fixture 4: Middlesbrough 14th June

Track		Field	
Approx Time		Approx Time	
<b>6.30</b>	300m U15 Boys U15 Girls	<b>6.10</b>	Hammer U17/Men & Wom Pole Vault U13/U15/U17/U20/vet/Men & Wom
<b>6.35</b>	1500m U13 Boys U13 Girls	<b>6.45</b>	Long Jump u11 Girls
<b>6.50</b>	400m Graded U17/Sen Men Wom	<b>6.45</b>	600g Shot u11 Boys
<b>7.00</b>	75m u11 Boy/Girls	<b>7.00</b>	Shot U15 Boys U15 Girls
<b>7.10</b>	100m U13 Boys 100m U13 Girls 100m U15 Boys 100m U15 Girls	<b>7.15</b>	Long Jump U13 Boys / Girls
	100m Graded U17/Sen Men Wom	<b>7.25</b>	Shot U17/Sen Men Women
<b>7.50</b>	3000m U15 Boys/Girls (u17 Wom)* 3000m U17/Sen Men Wom	<b>7.45</b>	Shot U13 Boys / Girls
		<b>7.45</b>	Long Jump U17/Sen Men Wom
		<b>8.15</b>	Long Jump U15 Boys / Girls

## Notes:

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

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

## FOR ALL THROWING EVENTS:

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