

# North Yorkshire & South Durham Track & Field

Fixture 6: Middlesbrough 12th July

Track		Field	
Approx Time		Approx Time	
<b>6.30</b>	800m Graded U17/Sen Men Wom	<b>6.10</b>	Hammer U17/Men & Wom Pole Vault U13/U15/U17/U20/vet/Men & Wom
<b>6.40</b>	100m U13 Girls 100m U15 Girls 100m U13 Boys 100m U15 Boys 100m Graded U17/Sen Men Wom	<b>6.45</b>	Long Jump u11 Girls 600g Shot u11 Boys Shot U13 Boys /Girls
<b>7.10</b>	75m U11 Boy/Girls	<b>7.15</b>	Shot U15 Boys/Girls Long Jump U13 Boys /Girls
<b>7.25</b>	800m U13 Girls 800m U15 Girls 800m U13 Boys 800m U15 Boys	<b>7.45</b>	Long Jump U15 Boys / Girls Shot U17/Sen Men & Wom
<b>8.05</b>	5000m U17/Sen Men Wom	<b>8.05</b>	Long Jump U17/Sen Men & Wom

## Notes:

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

## FOR ALL THROWING EVENTS:

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