

# North Yorkshire & South Durham Track & Field

Fixture 6: Middlesbrough 9th July

Track		Field	
Approx Time		Approx Time	
<b>6.30</b>	800m Graded U17/Sen Men Wom	<b>6.00</b>	Hammer U17/Men & Wom Pole Vault U13/U15/U17/U20/vet/Men & Wom
<b>6.40</b>	100m U15 Girls 100m U13 Boys 100m Graded U17/Sen Men Wom	<b>6.00</b>	Long Jump <b>U11 Girls</b> <b>6.00</b> 600g Shot <b>U11 Boys</b> Shot U13 Boys
<b>7.00</b>	75m <b>U11 Boy/Girls</b>	<b>7.15</b>	Shot U15 Girls Long Jump U13 Boys
<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:

### Under 11 are school year 6

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

#### Field Events

2 Trials for U11's, 1 warm up

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.**