

# North Yorkshire & South Durham Track & Field

Fixture 3: Darlington 16th May

## Track

## Field

Approx

Approx

Time

Time

**6.30 600m u11 Boy/Girls**

**6.00 600g Shot u11 Girls**

**6.00 Long Jump u11 Boys**

**6.40** 800m U13 Girls

**6.30** High Jump U17/Sen Men & Wom

800m U15 Girls

**6.30** Discus U13/U15 Boys

800m U13 Boys

U17/Sen Men

800m U15 Boys

800m Graded

**7.00** High Jump U15 Boys / Girls

U17/Sen Men Wom

Discus U13/U15 Girls

U17/Sen Wom

**7.15** 200m U13 Girls

200m U15 Girls

**7.30** High Jump U13 Boys / Girls

200m U13 Boys

200m U15 Boys

200m Graded

Triple Jump U17/Sen Wom

U17/Sen Men Wom

U15 Boys & U17/Sen Men

**7.50** 1 mile Graded

U17/Sen Men Wom

**8.00** 3k S/c Senior Men (inc NECAA Champs)

### Notes:

**Under 11 are school year 5 only**

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

### TRIPLE JUMP:

Minimum Take off Board 7metres for all

### Field Events

### High Jump Start Heights:

2 Trials for U11's

U13 - 1.05m

3 Trials for all other age groups

U15 - 1.10m

4 trials for top 6 subject to referee's discretion

U17 - 1.15m

Sen - 1.20m

### FOR ALL THROWING EVENTS:

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

For High Jump each competitor may stay in the competition until they have had a maximum of SEVEN jumps or THREE consecutive failures, whichever occurs first.