

North Yorkshire & South Durham Track & Field

Fixture 5: Darlington 28th June

Track		Field	
Approx Time		Approx Time	
6.30	300m U15 Boys U15/U17 Girls	6.10	600g Shot u11 Girls
6.40	600m u11 Boy/Girls	6.10	Long Jump u11 Boys
6.50	400m Graded U17/Sen Men Wom	6.30	High Jump U17/Sen Men & Wom
7.00	1500m U13 Girls U13 Boys		Javelin U15 Boys / Girls u13 Boys /Girls
7.15	3000m U15 Boys/Girls (u17 Wom) 3000m U17/Sen Men Wom	7.00	High Jump U13 Boys / Girls
7.35	200m U13 Girls 200m U15 Girls 200m U13 Boys 200m U15 Boys 200m Graded U17/Sen Men Wom		Javelin U17/U20/Sen Men U17/Sen Wom
		7.30	High Jump U15 Boys / Girls
		8.00	Triple Jump U17/Sen Wom U15 Boys & U17/Sen Men

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

FOR ALL THROWING EVENTS:

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

TRIPLE JUMP:

Minimum Take off Board 7metres for all

High Jump Start Heights:

U13 - 1.05m

U15 - 1.10m

U17 - 1.15m

Sen - 1.20m

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.