

North Yorkshire & South Durham Track & Field

Fixture 4: Middlesbrough 12th June

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

Notes:

Under 11 are school year 5 only

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

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

* 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 should throw the **appropriate weight for their age category.**

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