

North Yorkshire & South Durham Track & Field

Fixture 2: Middlesbrough 23rd April

Track		Field	
Approx Time		Approx Time	
6.30 75m	u11 Boy/Girls	6.00 Long Jump	u11 Girls
6.40 100m	U13 Girls	6.00 600g Shot	u11 Boys
		6.40 Long Jump	U13 Boys
		6.45 Discus	U15 Boys / Girls U17/Sen Wom U17/Sen Men
	100m U15 Boys 100m Graded U17/Sen Men Wom	7.10 Long Jump	U17/Sen Men Wom
7.20 800m	U13 Girls 800m U13 Boys 800m U15 Girls 800m U15 Boys 800m Graded U17/Sen Men Wom	7.40 Long Jump	U15 Girls
8.0 1500m Steeplechase (inc NECAA) 2k U17/U20/Sen Wom (Champs)		Discus	u13 Boys / Girls

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 2 trails

FOR ALL THROWING EVENTS:

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