

North Yorkshire & South Durham Track & Field

Fixture 3: Middlesbrough 14th May

Track		Field	
Approx Time		Approx Time	
6.30	600m u11 Boy/Girls	6.00	600g Shot u11 Girls
6.40	800m U13 Girls	6.00	Long Jump u11 Boys
	800m U15 Girls	6.30	High Jump U17/Sen Men & Wom
	800m U13 Boys	6.30	Discus U13/U15 Boys
	800m U15 Boys		U17/Sen Men
	800m Graded	7.00	High Jump U15 Boys / Girls
	U17/Sen Men Wom		Discus U13/U15 Girls
7.15			U17/Sen Wom
	200m U15 Girls	7.30	High Jump U13 Boys / Girls
	200m U13 Boys		Triple Jump U17/Sen Wom
	200m Graded		U15 Boys & U17/Sen Men
	U17/Sen Men Wom		
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 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

FOR ALL THROWING EVENTS:

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

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.