

North Yorkshire & South Durham Track & Field

Fixture 5: Middlesbrough 25th June

Track		Field	
Approx Time		Approx Time	
6.30	300m U15 Boys U15/U17 Girls	6.00	600g Shot U11 Girls 6.00 Long Jump U11 Boys 6.00 High Jump U17/Sen Men & Wom
6.40	600m u11 Boy/Girls	6.30	Javelin U13 Boys / Girls
6.50	400m Graded U17/Sen Men Wom	7.00	High Jump U13 Boys / Girls Javelin U17/U20/Sen Men U17/Sen Wom
7.00	1500m U13 Girls U13 Boys	7.30	High Jump U15 Boys / Girls
7.15	3000m U15 Boys/Girls (u17 Wom) 3000m U17/Sen Men Wom	8.00	Triple Jump U17/Sen Wom U15 Boys & U17/Sen Men
7.35	200m U13 Girls 200m U15 Boys 200m Graded U17/Sen Men Wom		

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**

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.