

PROVISIONAL TIMETABLE

	<u>Track</u>	<u>Field</u>
10.15	REGISTRATION	REGISTRATION
11.00	3/400mH	Long Jump – U11s High Jump – to 1.49 (expected) Shot Put – U13s
11.20	800m	
11.45		Javelin – U13s & U15s
12.00	600m – U11s	Long Jump – U13s
12.15	100m	Discus – all male
12.30		Pole Vault - ALL
13.00	80m – U11s	
13.15	TRACK BREAK	Discus – all female
13.30	TRACK BREAK	Long Jump – U15s & above
13.45	300m	Shot Putt – U11s
14.15		Javelin – U17s and above
14.30	Sprint hurdles	Shot Put – U15 & above
15.00	1500m	Triple Jump – Not U13s
15.20	200m	High Jump – from 1.50 (expected)

Rules and restrictions

- **You must have collected your number 30 mins before your first event.**
- Four trials each in LJ, TJ, SP, JT & DT
- U11s can only compete in three events from SP, LJ, 80m & 600m.
- U13s, U15s and U17s – max three events. 800m or 1500m, not both.
- U13s and U15s cannot run 400m or 400mH.
- U13s may not do TJ or HT.
- 80m and 600m is only for U11s. No other ages permitted.
- Ages as of 31st August 2019