

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
	U13 Boys	6.40	Long Jump U13 Boys/girls
	U15 Girls	6.45	Discus U15 Boys / Girls
	100m U15 Boys		U17/Sen Wom
	100m Graded		U17/Sen Men
	U17/Sen Men Wom		
7.20	800m U13 Girls	7.10	Long Jump U17/Sen Men Wom
	800m U13 Boys		
	800m U15 Girls		
	800m U15 Boys	7.40	Long Jump U15 Boys/Girls
	800m Graded		
	U17/Sen Men Wom		
8.0	1500m Steeplechase (inc NECAA)		
	2k U17/U20/Sen Wom (Champs)		

Notes:

Under 11 are school year 5 only

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**.