

# North Yorkshire & South Durham Track & Field

Fixture 3: Middlesbrough 14th May

| <b>Track</b> |                                      | <b>Field</b> |                             |
|--------------|--------------------------------------|--------------|-----------------------------|
| Approx Time  |                                      | Approx Time  |                             |
| <b>6.30</b>  | <b>600m u11 Boy/Girls</b>            | <b>6.00</b>  | <b>600g Shot u11 Girls</b>  |
| <b>6.40</b>  | 800m U13 Girls                       | <b>6.00</b>  | <b>Long Jump u11 Boys</b>   |
|              | 800m U15 Girls                       | <b>6.30</b>  | High Jump U17/Sen Men & Wom |
|              | 800m U13 Boys                        | <b>6.30</b>  | Discus U13/U15 Boys         |
|              | 800m U15 Boys                        |              | U17/Sen Men                 |
|              | 800m Graded                          | <b>7.00</b>  | High Jump U15 Boys / Girls  |
|              | U17/Sen Men Wom                      |              | Discus U13/U15 Girls        |
| <b>7.15</b>  |                                      |              | U17/Sen Wom                 |
|              | 200m U15 Girls                       | <b>7.30</b>  | High Jump U13 Boys / Girls  |
|              | 200m U13 Boys                        |              | Triple Jump U17/Sen Wom     |
|              | 200m Graded                          |              | U15 Boys & U17/Sen Men      |
|              | U17/Sen Men Wom                      |              |                             |
| <b>7.50</b>  | 1 mile Graded                        |              |                             |
|              | U17/Sen Men Wom                      |              |                             |
| <b>8.00</b>  | 3k S/c Senior Men (inc NECAA Champs) |              |                             |

## Notes:

### Under 11 are school year 6 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

### 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 ALL THROWING EVENTS:

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

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.