

North Yorkshire & South Durham Track & Field

Fixture 4: Middlesbrough 11th June

Track		Field	
Approx Time		Approx Time	
6.30 300m	U15 Boys U15 Girls	6.00 Hammer	U17/Men & Wom
		Pole Vault	U13/U15/U17/U20/vet/Men & Wom
6.35 1500m	U13 Boys U13 Girls	6.00 Long Jump	U11 Girls
6.50 400m	Graded U17/Sen Men Wom	6.00 600g Shot	U11 Boys
		6.45 Shot	U15 Boys
7.00 75m	u11 Boy/Girls	7.15 Long Jump	U13 Girls
7.10 100m	U13 Boys 100m U15 Girls 100m Graded U17/Sen Men Wom	7.25 Shot	U17/Sen Men Women
7.50 3000m	U15 Boys/Girls (u17 Wom)* 3000m U17/Sen Men Wom	7.45 Shot	U13 Boys / Girls
		7.45 Long Jump	U17/Sen Men Wom
		8.15 Long Jump	U15 Girls

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

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 trials

*U17 Women may opt to run with u15's if they wish, otherwise with seniors.

FOR ALL THROWING EVENTS:

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