

# North Yorkshire & South Durham Track & Field

Fixture 5: Middlesbrough 25th June

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

## 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

### 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.