

North Yorkshire & South Durham Track & Field

Fixture 6: Middlesbrough 9th July

Track		Field	
Approx Time		Approx Time	
6.30	800m Graded U17/Sen Men Wom	6.00	Hammer U17/Men & Wom Pole Vault U13/U15/U17/U20/vet/Men & Wom
6.40	100m U15 Girls 100m U13 Boys 100m Graded U17/Sen Men Wom	6.00	Long Jump U11 Girls 6.00 600g Shot U11 Boys Shot U13 Boys
7.00	75m U11 Boy/Girls	7.15	Shot U15 Girls Long Jump U13 Boys
7.25	800m U13 Girls 800m U15 Girls 800m U13 Boys 800m U15 Boys	7.45	Long Jump U15 Boys / Girls Shot U17/Sen Men & Wom
8.05	5000m U17/Sen Men Wom	8.05	Long Jump 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

*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

FOR ALL THROWING EVENTS:

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