

North Yorkshire & South Durham Track & Field

Fixture 5: Darlington 26th June

Track

Approx
Time

6.30 300m U15 Boys
U15/U17 Girls

6.40 **600m u11 Boy/Girls**

6.50 400m Graded
U17/Sen Men Wom

7.00 1500m U13 Girls
U13 Boys

7.15 3000m U15 Boys/Girls (u17 Wom)
3000m U17/Sen Men Wom

7.35 200m U13 Girls
200m U15 Girls
200m U13 Boys
200m U15 Boys
200m Graded
U17/Sen Men Wom

Field

Approx
Time

6.00 **600g Shot** **u11 Girls**
6.00 **Long Jump** **u11 Boys**
6.30 High Jump U17/Sen Men & Wom

6.30 Javelin U15 Boys / Girls
u13 Boys /Girls

7.00 High Jump U13 Boys / Girls
Javelin U17/U20/Sen Men
U17/Sen Wom

7.30 High Jump U15 Boys / Girls

8.00 Triple Jump U17/Sen Wom
U15 Boys & U17/Sen Men

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

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.