

# North Yorkshire & South Durham Track & Field

Fixture 1 : Darlington 14th April

| Track       |   | Field       |  |
|-------------|---|-------------|--|
| Approx Time |   | Approx Time |  |
| 6.45        | 600m u11 Boy/Girls                      | 6.10        | Cricket Ball T u11 Girls                       |
| 6.50        | 1500m U13 Girls                         | 6.10        | Long Jump u11 Boys                             |
|             | 1500m U15 Girls                         | 6.30        | High Jump U17/Sen Men Wom                      |
|             | 1500m U13 Boys                          |             | Javelin U13/U15 Boys / Girls                   |
|             | 1500m U15 Boys                          |             |  |
|             | 1500m Graded U17/Sen Men Wom            | 7.00        | High Jump U13 Boys / Girls                     |
| 7.35        | 1500/2k Steeplechase U17/Sen Men        |             | Javelin U17/Sen Wom U17/Sen Men                |
| 7.45        | 200m U13 Girls                          | 7.30        | High Jump U15 Boys / Girls                     |
|             | 200m U15 Girls                          |             |  |
|             | 200m U13 Boys                           |             |  |
|             | 200m U15 Boys                           |             |  |
|             | 200m Graded U17/Sen Men Wom U17/Sen Wom | 8.00        | Triple Jump U17/Sen Wom U15 Boys & U17/Sen Men |
| 8.10        | 1500m Steeplechase U17/Sen Wom          |             |  |

## Notes:

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 category**.

## 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.