

# North Yorkshire & South Durham Track & Field

Fixture 5: Middlesbrough 30th June

Track		Field	
Approx Time		Approx Time	
6.45	300m U15 Boys U15/U17 Girls	6.10	Cricket Ball T u11 Girls
6.50	600m u11 Boy/Girls	6.10	Long Jump u11 Boys
6.55	400m Graded U17/Sen Men Wom	6.30	High Jump U17/Sen Men & Wom
7.05	1500m U13 Girls U13 Boys		Javelin U15 Boys / Girls u13 Boys /Girls
7.20	3000m U15 Boys/Girls (u17 Wom) 3000m U17/Sen Men Wom	7.00	High Jump U13 Boys / Girls
7.45	200m U13 Girls 200m U15 Girls 200m U13 Boys 200m U15 Boys 200m Graded U17/Sen Men Wom		Javelin U17/U20/Sen Men U17/Sen Wom
8.10	5000m U17/Sen Men Wom	7.30	High Jump U15 Boys / Girls
		8.00	Triple Jump U17/Sen Wom U15 Boys & U17/Sen Men

## 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**

## 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.