

North Yorkshire & South Durham Track & Field

Fixture 4: Middlesbrough 16th June

| Track | | Field | |
|-------------|--|-------------|--|
| Approx Time | | Approx Time | |
| 6.45 | 300m U15 Boys U15 Girls | 6.15 | Hammer U17/Men & Wom Pole Vault U13/U15/U17/U20/vet/Men & Wom |
| 6.50 | 1500m U13 Boys U13 Girls | 6.45 | Long Jump u11 Girls |
| 7.05 | 400m Graded U17/Sen Men Wom | 6.45 | Cricket Ball u11 Boys |
| 7.20 | 75m u11 Boy/Girls | 7.00 | Shot U15 Boys U15 Girls |
| 7.25 | 100m U13 Boys 100m U13 Girls 100m U15 Boys 100m U15 Girls | 7.15 | Long Jump U13 Boys / Girls |
| | 100m Graded U17/Sen Men Wom | 7.25 | Shot U17/Sen Men Women |
| 8.00 | 3000m U15 Boys/Girls (u17 Wom)* 3000m U17/Sen Men Wom | 7.45 | Shot U13 Boys / Girls |
| | | 7.45 | Long Jump U17/Sen Men Wom |
| | | 8.15 | Long Jump U15 Boys / Girls |

Notes:

*U17 Women may opt to run with u15's if they wish, otherwise with seniors.

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

+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 2 trails

FOR ALL THROWING EVENTS:

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