

## EVENTS & TIMES BY AGE GROUP

### PROGRAMME 'A'

#### U11 BOYS

75m	1.45
Long Jump	2.00
Ball Throw	3.00
600m	3.50

#### U11 GIRLS

High Jump	1.00
75m	1.45
Ball Throw	3.00
600m	3.50

#### U13 BOYS

80 Hurdles	12.10
Discus	12.30
100m	2.00
Shot	2.30
800m	2.45
Long Jump	3.00
200m	3.00
4x100m Relay	4.10

#### U13 GIRLS

70m Hurdles	12.00
High Jump	1.00
1500m	1.20
100m	2.00
200m	3.00
Javelin	4.00
4x100m Relay	4.10

#### U15 BOYS

80m Hurdles	12.20
Pole Vault	12.30
Discus	12.30
3000m	12.50
100m	2.00
Shot	2.30
800m	2.45
Long Jump	3.00
200m	3.00
4x100m Relay	4.10

#### U15 GIRLS

75m Hurdles	12.05
1500m	1.20
High Jump	2.00
100m	2.00
300m	3.35
Javelin	4.00
4x100m Relay	4.10

#### U17 MEN

Pole Vault	12.30
100m Hurdles	12.30
3000m	12.50
Long Jump	1.00
Discus	1.30
100m	2.00
800m	2.45
200m	3.00
Shot	3.30
4x400m Relay	4.10

#### U17 LADIES

Hammer	12.00
80m Hurdles	12.15
1500m	1.20
100m	2.00
Javelin	2.30
High Jump	3.00
300m	3.35
Triple Jump	4.15
4x100m Relay	4.10

#### SENIOR & VET MEN

Pole Vault	12.30
110m Hurdles	12.40
3000m *	12.50
Long Jump	1.00
Discus	1.30
100m *	2.25
800m	2.45
200m	3.00
Shot	3.30
4x400m Relay	4.10

#### SENIOR & VET LADIES

Hammer	12.00
100m Hurdles	12.25
Pole Vault	12.30
1500m *	1.20
100m *	2.25
Javelin	2.30
High Jump	3.00
400m	3.40
Triple Jump	4.15
4x100m Relay	4.10

\*Including Vets

# EVENTS & TIMES BY AGE GROUP

## PROGRAMME 'B'

### U11 BOYS

High Jump	12.00
75m	12.45
Ball Throw	2.45
600m	3.40

### U11 GIRLS

75m	12.45
Long Jump	1.30
600m	3.40
Ball Throw	3.45

### U13 BOYS

High Jump	12.00
100m	1.00
1500m	2.20
200m	2.40
Javelin	2.45
4x100m Relay	4.00

### U13 GIRLS

Discus	12.00
100m	1.00
Shot	1.30
200m	2.40
Long Jump	3.00
800m	3.20
4x100m Relay	4.00

### U15 BOYS

Triple Jump	12.00
High Jump	12.00
Hammer	12.45
100m	1.00
1500m	2.20
Javelin	2.45
400m	3.05
4x100m Relay	4.00

### U15 GIRLS

Discus	12.00
100m	1.00
Shot	1.30
200m	2.40
Long Jump	3.00
800m	3.20
4x100m Relay	4.00

### U17 MEN

400m Hurdles	12.10
Triple Jump	12.45
Hammer	12.45
100m	1.00
High Jump	2.00
1500m	2.20
400m	3.05
Javelin	3.45
4x100m Relay	4.00

### U17 LADIES

300m Hurdles	12.00
Discus	12.00
100m	1.00
3000m	2.00
200m	2.40
800m	3.20
Shot	3.30
Long Jump	4.00
4x100m Relay	4.00

### SENIOR & VET MEN

400m Hurdles	12.15
5000m *	12.20
Triple Jump	12.45
100m *	1.25
Hammer	1.45
High Jump	2.00
1500m	2.20
400m	3.05
Javelin	3.45
4x100m Relay	4.00

### SENIOR & VET LADIES

Discus	12.00
400m Hurdles	12.05
100m *	1.25
3000m *	2.00
200m	2.40
800m	3.20
Shot	3.30
Long Jump	4.00
4x400m Relay	4.00

\* Including Vets

### Track Event Numbers for the Season.

Programme 'A'				Programme 'B'			
No: -	Event: -	Time: -	Age Grp: -	No: -	Event: -	Time: -	AgeGrp
1	70H	12.00	GU13	1	300H	12.00	LU17
2	75H	12.05	GU15	2	400H	12.05	SL
3	80H	12.10	BU13	3	400H	12.10	MU17
4	80H	12.15	LU17	4	400H	12.15	SM
5	80H	12.20	BU15	5	5000	12.20	SM
6	100H	12.25	SL	6	5000		VM
7	100H	12,30	MU17	7	75	12.45	GU11
8	110H	12.40	SM	8	75		BU11
9	3000	12.50	BU15	9	100	1.00	GU13
10	3000		MU17	10	100		BU13
11	3000		SM	11	100		GU15
12	3000		VM	12	100		BU15
13	1500	1.20	GU13	13	100		LU17
14	1500		GU15	14	100		MU17
15	1500		LU17	15	100	1.25	SL
16	1500		SL	16	100		VL
17	1500		VL	17	100		SM
18	75	1.45	GU11	18	100		VM
19	75		BU11	19	3000	2.00	LU17
20	100	2.00	GU13	20	3000		SL
21	100		BU13	21	3000		VL
22	100		GU15	22	1500	2.20	BU13
23	100		BU15	23	1500		BU15
24	100		LU17	24	1500		MU17
25	100		MU17	25	1500		SM
26	100	2.25	SL	26	200	2.40	GU13
27	100		VL	27	200		BU13
28	100		SM	28	200		GU15
29	100		VM	29	200		LU17
30	800	2.45	BU13	30	200		SL
31	800		BU15	31	400	3.05	BU15
32	800		MU17	32	400		MU17
33	800		SM	33	400		SM
34	200	3.00	GU13	34	800	3.20	GU13
35	200		BU13	35	800		GU15
36	200		BU15	36	800		LU17
37	200		MU17	37	800		SL
38	200		SM	38	600	3.40	GU11
39	300	3.35	GU15	39	600		BU11
40	300		LU17	40	4x100R	4.00	GU13
41	400	3.40	SL	41	4x100R		BU13
42	600	3.50	GU11	42	4x100R		GU15
43	600		BU11	43	4x100R		BU15
44	4x100R	4.10	GU13	44	4x100R		LU17
45	4x100R		BU13	45	4x100R		MU17
46	4x100R		GU15	46	4x100R		SM
47	4x100R		BU15	47	4x400R		SL
48	4x100R		LU17				
49	4x100R		SL				
50	4x400R		MU17				
51	4x400R		SM				