

INTER LEAGUE CHALLENGE MATCH 2.9.2018

NEYDL v Yorkshire & District @ Middlesbrough

TRACK EVENTS **PROGRAMME** FIELD EVENTS

(be aware of timing)

(report 15 mins before to practice/mark out)

11.30	70m H	U/13 G			11.00	HAMMER	U/15 G
	75m H	U/13 B	11.38				U/17 W
	75m H	U/15 G	11.46		11.45		U/15 B
	80m H	U/17 W	11.54				U/17 M
	80m H	U/15 B	12.02				
	100m H	U/17 M	12.10		11.15	LONG JUMP	U/15 G
12.20	150m	U/13 G					U/17 W
	150m	U/13 B	12.26			HIGH JUMP	U/13 B
	200m	U/15 G	12.36				U/13 G
	200m	U/15 B	12.42				
	200m	U/17 W	12.48		12.30	JAVELIN	U/15 B
	200m	U/17 M	12.54				U/17 M
1.05	800m	U/13 G				SHOT PUTT	U/15 G
	800m	U/13 B	1.11				U/17 W
	800m	U/15 G	1.17			LONG JUMP	U/15 B
	800m	U/15 B	1.23				U/17 M
	800m	U/17 W	1.29				
	800m	U/17 M	1.35		1.00	HIGH JUMP	U/15 G
1.40	1200m	U/13 G					U/17 W
1.50	400m	U/17 M					
	TRACK INTERVAL				1.30	DISCUS	U/15 G
2.10	75m	U/13 G					U/17 W
	80m	U/13 B	2.15				
	100m	U/15 G	2.22		1.45	SHOT PUTT	U/15 B
	100m	U/15 B	2.27				U/17 M
	100m	U/17 W	2.32			LONG JUMP	U/13 B
	100m	U/17 M	2.37				U/13 G
2.50	300m	U/15 G					
	300m	U/15 B	2.55		2.30	JAVELIN	U/15 G
	300m	U/17 W	3.00				U/17 W
3.05	1500m	U/13 B				HIGH JUMP	U/15 B
	1500m	U/15 G	3.12				U/17 M
	1500m	U/15 B	3.19				
	1500m	U/17 W	3.26		3.00	SHOT PUTT	U/13 B
	1500m	U/17 M	3.33				U/13 G
3.50	4X100m	U/13 B+G				TRIPLE JUMP	U/17 W
	4X100m	U/15 B+G	4.00				U/17 M
	4X100m	U/17 M+W	4.10				
4.20	4X300m	U/15 G			3.30	DISCUS	U/15 B
	4X300m	U/15 B	4.20				U/17 M
	4X300m	U/17 W	4.20				
	4X300m	U/17 M	4.20				

ALL FIELD EVENTS 4 ATTEMPTS EACH except HIGH JUMP

PROGRAMME TIMING NOTES 2.9.2018

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90 minutes for all hammer competitions to complete (2 x 45 mins)
60 minutes for other long throws

There will be a long throw continuously happening throughout the day from 11.00 to 4.30, all from one end of stadium (hammer cage end)

This will not interfere with the shot at the other end

75 minutes between long jumps and triple jump (single pit)
75 minutes between shot putt
90 & 105 minutes between high jumps

OFFICIALS please arrive at each field event 15 mins before start time to supervise practices/marking out run ups etc. as the competition must start on time, all practice throws/jumps must be completed before start time
Only ONE practice jump/throw

FIELD EVENT TEAMS (1 long throw, 1 jump, 1 other)

1	Hammer	All ages	11.00
	High Jump	U15G U17W	1.00
	High Jump	U15B U17M	2.30
2	Shot	U15G U17W	12.30
	Long Jump	U13B + G	1.45
	Discus	U15B U17M	3.30
3	Long Jump	U15G U17W	11.15
	Discus	U15G U17W	1.30
	Shot	U13B + G	3.00
4	Javelin	U15B U17M	12.30 (early lunch for officials?)
	Shot	U15B U17M	1.45
	Triple Jump	U17M + W	3.00 (minimum jump board is 7m)
5	High Jump	U13B + G	11.15
	Long Jump	U15B U17M	12.30
	Javelin	U15G U17W	2.30

HIGH JUMP STARTING HEIGHTS (this is an elite competition)

- U13 G 1.15 U13 B 1.15
- U15 G 1.20 U15 B 1.25
- U17 W 1.25 U17 M 1.30
- Normal high jump rules will apply
- The bar will be raised at intervals of 5 cms until there are 3 or less competitors in each competition then 3 cms