

Lower Age Group Midland N/E Promotion Match Timetable

TRACK Timetable

Time	Event	M/F	
11.30	70m Hurdles	U13 Girls	A followed by B
11.40	75m Hurdles	U13 Boys	A followed by B
11.50	75m Hurdles	U15 Girls	A followed by B
12.00	80m Hurdles	U15 Boys	A followed by B
12.15	150m	U13 Girls	A followed by B
12.25	200m	U13 Boys	A followed by B
12.35	200m	U15 Girls	A followed by B
12.45	200m	U15 Boys	A followed by B
13.00	800m	U13 Girls	A followed by B
13.10	800m NS	U13 Girls	
13.15	800m	U13 Boys	A followed by B
13.25	800m NS	U13 Boys	
13.30	800m	U15 Girls	A followed by B
13.40	800m NS	U15 Girls	
13.45	800m	U15 Boys	A followed by B
13.55	800m NS	U15 Boys	
14.00	75m	U13 Girls	A followed by B
14.10	75m NS	U13 Girls	
14.15	100m	U13 Boys	A followed by B
14.25	100m NS	U13 Boys	
14.30	100m	U15 Girls	A followed by B
14.40	100m NS	U15 Girls	
14.45	100m	U15 Boys	A followed by B
14.55	100m NS	U15 Boys	
15.00	300m	U15 Girls	A followed by B
15.10	300m	U15 Boys	A followed by B
15.20	1200m	U13 Girls	One Race
15.30	1500m	U13 Boys	One Race
15.40	1500m	U15 Girls	One Race
15.50	1500m	U15 Boys	One Race
16.00	4x100m	U13 Girls	One Race
16.05	4x100m	U13 Boys	One Race
16.10	4x100m	U15 Girls	One Race
16.15	4x100m	U15 Boys	One Race
16.20	4x300m	U15 Girls	One Race
16.25	4x300m	U15 Boys	One Race

FIELD Timetable

Time	Event	M/F
11.00	Hammer	U15 Boys
11.15	Long Jump	U15 Girls
11.40	Hammer	U15 Girls
11.45	High Jump	U13 Girls
	Shot	U13 Boys
12.20	Discus	U15 Boys
12.30	Pole Vault	U15 Boys & Girls
13.00	Discus	U15 Girls
	High Jump	U13 Boys
	Shot	U13 Girls
13.15	Long Jump	U15 Boys
13.40	Javelin	U15 Boys
14.15	High Jump	U15 Boys
	Shot	U15 Girls
14.20	Javelin	U13 Boys
14.30	Long Jump	U13 Girls
15.00	Javelin	U15 Girls
15.30	Long Jump	U13 Boys
	High Jump	U15 Girls
	Shot	U15 Boys
15.40	Javelin	U13 Girls

3 trials per athlete except vertical jumps