

Upper Age Group Midland N/E Promotion Match Timetable

TRACK Timetable				Track Cont.		
Time	Event	M/F	Competitors	Time	Event	M/F
11.10	400m Hurdles	U20 Men	A followed by B	16.40	4 x 100m R	U17 Women
11.20	400m Hurdles	U17 Men	A followed by B	16.45	4 x 100m R	U17 Men
11.30	400m Hurdles	U20 Women	A followed by B	16.50	4 x 100m R	U20 Women
11.40	300m Hurdles	U17 Women	A followed by B	16.55	4 x 100m R	U20 Men
11.50	1500m	U20 Men	A & B String	17.05	2000m s/c	U20 Men
12.00	1500m	U17 Men	A & B String	17.15	1500m s/c	U17 Men
12.10	1500m	U20 Women	A & B String	17.25	4 x 300m R	U17 Women
12.20	1500m	U17 Women	A & B String	17.35	4 x 400m R	U17 Men
12.30	100m	U20 Men	A followed by B	17.45	4 x 400m R	U20 Women
12.40	100m	U17 Men	A followed by B	17.55	4 x 400m R	U20 Men
12.50	100m	U20 Women	A followed by B	In the above steeple chase events A & B String athletes run together		
13.00	100m	U17 Women	A followed by B			
TRACK BREAK						
13.20	400m	U20 Men	A followed by B	FIELD Timetable		
13.30	400m	U17 Men	A followed by B			
13.40	400m	U20 Women	A followed by B			
13.50	300m	U17 Women	A followed by B			
14.00	80m Hurdles	U17 Women	A followed by B			
14.10	3000m	Men	All			
14.25	100m Hurdles	U20 Women	A followed by B			
14.35	100m Hurdles	U17 Men	A followed by B			
14.45	3000m	Women	All			
15.00	110m Hurdles	U20 Men	A followed by B			
15.15	200m	U20 Men	A followed by B			
15.25	200m	U17 Men	A followed by B			
15.30	200m	U20 Women	A followed by B			
15.40	200m	U17 Women	A followed by B			
15.50	800m	U20 Men	A followed by B			
16.00	800m	U17 Men	A followed by B			
16.10	800m	U20 Women	A followed by B			
16.20	800m	U17 Women	A followed by B			
16.30	1500m s/c	Women	All			
				All athletes will have 3 trials with top 3 U20 & 3 U17 a further 3 trials having first achieved the required standard, except vertical jumps		
One Race under 20 & under 17 athletes A & B Strings						