

Upper Age Group Double headed Timetable 2023

TRACK Timetable

Time	Event	M/F	Competitors
11:00	400m Hurdles	U20 Men	A followed by B
	400m Hurdles	U17 Men	A followed by B
	400m Hurdles	U20 Women	A followed by B
11:30	300m Hurdles	U17 Women	A followed by B
11:40	1500m	U20 Men	A & B String
	1500m	U17 Men	A & B String
	1500m	U20 Women	A & B String
	1500m	U17 Women	A & B String
12:20	100m	U20 Men	A followed by B
	100m	U17 Men	A followed by B
	100m	U20 Women	A followed by B
	100m	U17 Women	A followed by B
13:00	400m	U20 Men	A followed by B
	400m	U17 Men	A followed by B
	400m	U20 Women	A followed by B
13:30	300m	U17 Women	A followed by B

Track Break - only if time allows

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
	200m	U17 Men	A followed by B
	200m	U20 Women	A followed by B
	200m	U17 Women	A followed by B
15.50	2000m S/Ch	U20 Men	A & B String
16.00	800m	U20 Men	A followed by B
	800m	U17 Men	A followed by B
	800m	U20 Women	A followed by B
	800m	U17 Women	A followed by B
16.40	1500m S/Ch	U17 Men	A & B string

One Race under 20 & under 17 athletes A & B Strings

Track Cont.

All options	Event	M/F
16.50	4 x 100m R	U17 Women
	4 x 100m R	U17 Men
	4 x 100m R	U20 Women
	4 x 100m R	U20 Men
17.15	1500m S/Ch	Women - All
17.25	4 x 300m R	U17 Women
	4 x 400m R	U17 Men
	4 x 400m R	U20 Women
	4 x 400m R	U20 Men

In the above steeplechase events A & B String athletes run together

FIELD Timetable

Time	Event	M/F
10.15	Hammer	Men
11.00	Long Jump	Men
	Pole Vault	Women
11.35	Hammer	Women
12.00	High Jump	Men
12.45	Long Jump	Women
12:45	Discus	Men
12.55	Shot	Women
14.10	Discus	Women
14.15	Shot	Men
14.30	Triple Jump	Men
	Pole Vault	Men
15:00	High Jump	Women
15.30	Javelin	Men
16.15	Triple Jump	Women
16.55	Javelin	Women

With the exception of vertical jumps, all athletes will have 3 trials with top 3 U20 & 3 U17 a further 3 trials having first achieved the required standard