

INTER LEAGUE CHALLENGE MATCH 3.9.2017 NEYDL v Yorkshire & District @ Middlesbrough

TRACK EVENTS
(be aware of timing)

Version 8

FIELD EVENTS

(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	DISCUS	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
1.45	1200m	U/13 G					U/17 W
1.55	400m	U/17 M					
	300m	U/15 G	2.05		1.30	DISCUS	U/15 G
	300m	U/15 B	2.10				U/17 W
	300m	U/17 W	2.15				
2.25	75m	U/13 G			1.45	SHOT PUTT	U/15 B
	80m	U/13 B	2.31				U/17 M
	100m	U/15 G	2.37			LONG JUMP	U/13 B
	100m	U/15 B	2.42				U/13 G
	100m	U/17 W	2.47				
	100m	U/17 M	2.52		2.30	JAVELIN	U/15 G
3.05	1500m	U/13 B					U/17 W
	1500m	U/15 G	3.12			HIGH JUMP	U/15 B
	1500m	U/15 B	3.19				U/17 M
	1500m	U/17 W	3.26				
	1500m	U/17 M	3.33		3.00	SHOT PUTT	U/13 B
3.50	4X100	U/13 G					U/13 G
	4X100	U/13 B				TRIPLE JUMP	U/17 W
	4X100	U/15 G	4.00				U/17 M
	4X100	U/15 B	4.00				
	4X100	U/17 W	4.10		3.30	JAVELIN	U/15 B
	4X100	U/17 M	4.10				U/17 M
4.20	4X300	U/15 B					
	4X300	U/17 W					
	4X300	U/17 M					

ALL FIELD EVENTS 4 ATTEMPTS EACH except HIGH JUMP