

## KENT YOUNG ATHLETES LEAGUE 2024 TRACK TIMETABLE

Match B Timetable designed for running on a 8-lane track or 6-lane track with an 8 lane straight

Matches 2 & 4 at Medway Park and Central Park

U13s and U15s are allowed to compete in a maximum of three events plus a relay in one day [Rule T3 S2 UKA Supplement (1)(ii)]. For U13s, only one of those races (including race walks) can be between 600m and one mile [Rule T3 S2 UKA Supplement (1)(v)] and for U15s only one of those races (including race walks) can be between 600m and 3000m [Rule T3 S2 UKA Supplement (2)(iv)].

10.30	70m Hurdles	U13 Girls A/B/NS	
10.45	75m Hurdles	U13 Boys A/B/NS	
10.55	75m Hurdles	U15 Girls A/B/NS	
11.05	80m Hurdles	U15 Boys A/B/NS	
11.15	1k Walk	U13 Girls/Boys A/B/NS	
11.35	75m	U13 Girls A/B/NS	
11.55	100m	U13 Boys A/B/NS	
12.10	100m	U15 Girls A/B/NS	
12.25	100m	U15 Boys A/B/NS	
12.45	2k Walk	U15 Girls/Boys A/B/NS	
13.30	200m	U15 Boys A/B/NS	<ul style="list-style-type: none"> <li>On a 6-lane track, if more than 6 runners report the race is equally split &amp; run as a time trial</li> </ul>
13.45	200m	U15 Girls A/B/NS	<ul style="list-style-type: none"> <li>As (1) above</li> </ul>
14.00	200m	U13 Boys A/B/NS	<ul style="list-style-type: none"> <li>As (1) above</li> </ul>
14.15	150m	U13 Girls A/B/NS	<ul style="list-style-type: none"> <li>As (1) above</li> </ul>
14.35	800m	U15 Boys A/B/NS	(1) On a 6-lane track, if more than 6 runners report, lane share 3 & 5, with break from lanes after 100m
14.55	800m	U15 Girls A/B/NS	As (2) above
15.10	800m	U13 Boys A/B/NS	As (2) above
15.25	800m	U13 Girls A/B/NS	As (2) above
15.45	4 x 100m	U15 Girls A string only	(2) On a 6-lane track, if more than 6 teams report the race is equally split & run as a time trial No NS teams allowed
16.05	4 x 100m	U15 Boys A string only	As (3) above
16.15	4 x 100m	U13 Girls A string only	As (3) above
16.25	4 x 100m	U13 Boys A string only	As (3) above
16.45	4 x 300m	U15 Girls A string only	(3) On a 6-lane track, if more than 6 teams report, lane share 3 & 5, with break from lanes after 100m (i.e., at the 800m break line) No NS teams allowed
17.00	4 x 300m	U15 Boys A string only	As (3) above

