

Herts/Kent/Middlesex Indoor Championships

Lee Valley Athletics Centre Sat/Sun 15th/16th March 2014

Saturday Timetable – Track

Time	Event No	Event	
1000	T1	U15G 60 Metres Hurdles – Kent – Heats (76.2) (to T19)	12
1008	T2	U15G 60 Metres Hurdles – Herts – Final (76.2)	7
1011	T3	U15G 60 Metres Hurdles – Middlesex – Final (76.2)	4
1014	T4	U17W 60 Metres Hurdles – Herts – Final (76.2)	7
1017	T5	U17W 60 Metres Hurdles – Kent – Final (76.2)	7
1020	T6	U17W 60 Metres Hurdles – Middlesex – Final (76.2)	3
1025	T7	SM 60 Metres Hurdles – Kent – Final (106.4)	5
1028	T8	SM 60 Metres Hurdles – Middlesex – Final (106.4)	3
1033	T9	U20M 60 Metres Hurdles – Herts/Kent/Middlesex – Final (99.0)	2/4/1
1038	T10	U17M 60 Metres Hurdles – Herts – Final (91.4)	4
1041	T11	U17M 60 Metres Hurdles – Kent – Final (91.4)	6
1044	T12	U17M 60 Metres Hurdles – Middlesex – Final (91.4)	6
1049	T13	U15B 60 Metres Hurdles – Herts – Final (84.0)	4
1052	T14	U15B 60 Metres Hurdles – Kent – Final (84.0)	5
1055	T15	U15B 60 Metres Hurdles - Middlesex - Final (84.0)	3
1058	T16	U20W 60 Metres Hurdles – Herts/Middx – Final (84.0)	2/2
1101	T17	U20W 60 Metres Hurdles – Kent – Final (84.0)	6
1104	T18	SW 60 Metres Hurdles - Herts/Kent - Final (84.0)	1/2
1109	T19	U15G 60 Metres Hurdles - Kent - Final (from T1)	
1120	T20	U15G 200 Metres – Herts – Heats (to T44)	7
1128	T21	U15G 200 Metres – Kent – Heats (to T45)	13
1140	T22	U15G 200 Metres – Middlesex – Heats (to T46)	14
1152	T23	U17W 200 Metres – Herts – Heats (to T69)	12
1204	T24	U17W 200 Metres – Kent – Heats (to T70)	13
1216	T25	U17W 200 Metres – Middlesex – Heats (to T71)	14
1228	T26	U20W 200 Metres – Herts – Final	4
1232	T27	U20W 200 Metres – Kent – Heats (to T72)	7
1240	T28	U20W 200 Metres – Middlesex – Heats (to T73)	8
1248	T29	SW 200 Metres – Herts – Final	3
1252	T30	SW 200 Metres – Kent - Final	5
1256	T31	SW 200 Metres – Middlesex – Heats (to T74)	7
1304	T32	U15B 200 Metres – Herts –Final	4
1308	T33	U15B 200 Metres – Kent – Heats (to T75)	12
1320	T34	U15B 200 Metres – Middlesex – Heats (to T76)	10
1328	T35	U17M 200 Metres – Herts – Heats (to T77)	11
1340	T36	U17M 200 Metres - Kent – Heats (to T78)	17
1356	T37	U17M 200 Metres - Middlesex – Heats (to T79)	20
1412	T38	U20M 200 Metres – Herts – Heats (to T80)	6
1420	T39	U20M 200 Metres – Kent – Heats (to T81)	14
1432	T40	U20M 200 Metres – Middlesex – Heats (to T82)	12
1444	T41	SM 200 Metres – Herts – Final	4
1448	T42	SM 200 Metres - Kent – Heats (to T83)	11
1500	T43	SM 200 Metres – Middlesex – Heats (to T84)	10
1508	T44	U15G 200 Metres – Herts – Final (from T20)	
1512	T45	U15G 200 Metres – Kent – Final (from T21)	
1516	T46	U15G 200 Metres – Middlesex – Final (from T22)	
1520	T47	U15G 800 Metres – Herts – Final	6

1524	T48	U15G 800 Metres – Kent – Heats (to T85)	8
1532	T49	U15G 800 Metres – Middlesex – Final	6
1536	T50	U17W 800 Metres - Herts – Final	3
1540	T51	U17W 800 Metres – Kent – Final	4
1544	T52	U17W 800 Metres – Middlesex – Heats (to T86)	9
1552	T53	U20W 800 Metres - Herts/Kent – Final	3/2
1556	T54	SW 800 Metres – Kent - Final	4
1600	T55	SW 800 Metres - Middlesex - Final	6
1604	T56	U15B 800 Metres – Herts – Final	3
1608	T57	U15B 800 Metres – Kent – Final	5
1612	T58	U15B 800 Metres - Middlesex - Final	5
1616	T59	U17M 800 Metres - Herts – Final	4
1620	T60	U17M 800 Metres – Kent – Heats (to T87)	8
1628	T61	U17M 800 Metres – Middlesex – Heats (to T88)	10
1636	T62	U20M 800 Metres – Herts – Final	4
1640	T63	U20M 800 Metres - Kent - Heats (to T89)	9
1648	T64	U20M 800 Metres – Middlesex – Final	5
1652	T65	SM 800 Metres – Herts – Final	6
1656	T66	SM 800 Metres – Kent – Heats (to T90)	8
1704	T67	SM 800 Metres – Middlesex – Final	6
1708	T68	1000m Walk – Herts/Kent/Middlesex - all ages - Final	15
1718	T69	U17W 200 Metres – Herts – Final (from T23)	
1722	T70	U17W 200 Metres – Kent – Final (from T24)	
1726	T71	U17W 200 Metres – Middlesex – Final (from T25)	
1730	T72	U20W 200 Metres – Kent – Final (from T27)	
1734	T73	U20W 200 Metres - Middlesex - Final (from T28)	
1738	T74	SW 200 Metres - Middlesex - Final (from T31)	
1742	T75	U15B 200 Metres – Kent – Final (from T33)	
1746	T76	U15B 200 Metres – Middlesex – Final (from T34)	
1750	T77	U17M 200 Metres – Herts – Final (from T35)	
1754	T78	U17M 200 Metres – Kent – Semi-finals (from T36 to T91)	
1802	T79	U17M 200 Metres – Middlesex – Semi-Finals (from T37 to T92)	
1810	T80	U20M 200 Metres – Herts – Final (from T38)	
1814	T81	U20M 200 Metres – Kent – Final (from T39)	
1818	T82	U20M 200 Metres – Middlesex – Final (from T40)	
1822	T83	SM 200 Metres – Kent – Final (from T42)	
1826	T84	SM 200 Metres – Middlesex – Final (from T43)	
1830	T85	U15G 800 Metres – Kent – Final (from T48)	
1834	T86	U17W 800 Metres – Middlesex – Final (from T52)	
1838	T87	U17M 800 Metres – Kent – Final (from T60)	
1842	T88	U17M 800 Metres - Middlesex - Final (from T61)	
1846	T89	U20M 800 Metres - Kent - Final (from T63)	
1852	T90	SM 800 Metres – Kent – Final (from T66)	
1856	T91	U17M 200 Metres - Kent - Final (from T78)	
1900	T92	U17M 200 Metres - Middlesex - Final (from T79)	

Saturday Timetable - Field

1000	F1	U17M Long Jump (K+H) - North pit	8/9
1000	F2	SM Shot - All	8
1015	F3	U15G Pole Vault - All	6
1100	F4	U20M Shot - All	9
1130	F5	U17M Long Jump (M) - North pit	12
1200	F6	U17M Shot - All	11
1200	F7	U17W Pole Vault - All	9
1245	F8	U15B Long Jump - All - South pit	14
1300	F9	SM/U20M High Jump - All - Arena	2/9
1330	F10	U17W/U15G Triple Jump - All - North pit	8/1
1400	F11	U15B Shot - All	6
1415	F12	SW/U20W Pole Vault - All	5/8
1445	F13	U20M Long Jump - All - South pit	11
1500	F14	SW/U20W High Jump - Arena	4/4
1600	F15	SM Long Jump - All - South pit	13
1645	F16	SW/U20W Triple Jump - All - North pit	5/8
1645	F17	U17W High Jump - All - Arena	12

Sunday Timetable – Track

Time	Event No	Event	
1000	T97	U15G 60 Metres – Herts – Heats (to T125)	9
1006	T98	U15G 60 Metres – Kent – Heats (to T126)	27
1018	T99	U15G 60 Metres – Middlesex – Heats (to T127)	16
1027	T100	U17W 60 Metres – Herts - Heats (to T128)	10
1033	T101	U17W 60 Metres – Kent – Heats (to T129)	19
1042	T102	U17W 60 Metres – Middlesex – Heats (to T130)	15
1051	T103	U20W 60 Metres – Herts/Kent – Final	2/5
1054	T104	U20W 60 Metres – Middlesex – Heats (to T131)	14
1100	T105	SW 60 Metres – Herts/Kent – Final	2/4
1103	T106	SW 60 Metres – Middlesex – Final	6
1106	T107	U15B 60 Metres – Herts – Final	7
1109	T108	U15B 60 Metres – Kent – Heats (to T132)	9
1115	T109	U15B 60 Metres – Middlesex – Heats (to T133)	10
1121	T110	U17M 60 Metres – Herts – Heats (to T134)	14
1127	T111	U17M 60 Metres – Kent – Heats (to T135)	25
1139	T112	U17M 60 Metres – Middlesex - Heats (to T136)	31
1154	T113	U20M 60 Metres – Herts – Final	7
1157	T114	U20M 60 Metres – Kent – Heats (to T137)	22
1209	T115	U20M 60 Metres – Middlesex – Heats (to T138)	15
1215	T116	SM 60 Metres – Herts – Final	5
1218	T117	SM 60 Metres – Kent – Heats (to T139)	22
1230	T118	SM 60 Metres – Middlesex – Heats (to T140)	35
1245	T119	Disability 60 Metres – all females	3
1248	T120	Disability 60 Metres – SM/U20M	4
1251	T121	Disability 60 Metres - U17M/U15B	4
1300	T122	U15G 1500 Metres - Herts/Kent/Middlesex - Final	3/2/1
1310	T123	U17W 1500 Metres – Herts/Kent/Middlesex – Final	4/5/5
1320	T124	U20W/SW 1500 Metres - Herts/Kent/Middlesex – Final	1/1/2
1330	T125	U15G 60 Metres - Herts - Final (from T97)	
1333	T126	U15G 60 Metres – Kent – Semi-finals (from T98 to T141)	
1339	T127	U15G 60 Metres – Middlesex – Semi-Finals (from T99 to T142)	
1345	T128	U17W 60 Metres – Herts – Final (from T100)	
1348	T129	U17W 60 Metres – Kent – Semi-finals (from T101 to T143)	
1354	T130	U17W 60 Metres – Middlesex – Semi-Finals (from T102 to T144)	
1400	T131	U20W 60 Metres – Middlesex – Final (from T104)	
1403	T132	U15B 60 Metres – Kent – Final (from T108)	
1406	T133	U15B 60 Metres – Middlesex – Final (from T109)	
1409	T134	U17M 60 Metres - Herts – Final (from T110)	
1412	T135	U17M 60 Metres – Kent – Semi-finals (from T111 to T145)	
1418	T136	U17M 60 Metres - Middlesex - Semi-Finals (from T112 to T146)	
1427	T137	U20M 60 Metres - Kent - Semi-finals (from T114 to T147)	
1433	T138	U20M 60 Metres – Middlesex – Final (from T115)	
1436	T139	SM 60 Metres – Kent – Semi-finals (from T117 to T148)	
1442	T140	SM 60 Metres – Middlesex – Semi-finals (from T118 to T149)	
1451	T141	U15G 60 Metres - Kent - final (from T126)	
1454	T142	U15G 60 Metres - Middlesex - Final (from T127)	
1457	T143	U17W 60 Metres - Kent - Final (from T129)	
1500	T144	U17W 60 Metres - Middlesex - Final (from T130)	
1503	T145	U17M 60 Metres - Kent - Final (from T135)	
1506	T146	U17M 60 Metres – Middlesex – Final (from T136)	
1509	T147	U20M 60 Metres – Kent – Final (from T137)	
1512	T148	SM 60 Metres – Kent – Final (from T139)	
1515	T149	SM 60 Metres – Middlesex – Final (from T140)	

1523	T150	U15G 300 Metres – Herts – Heats (to T176)	7
1530	T151	U15G 300 Metres – Kent - Heats (to T177)	7
1537	T151a	U15G 300 Metres - Middlesex - Final	2
1541	T152	U15B 300 Metres – Herts/Kent – Final	2/2
1545	T153	SM 400 Metres - Herts - Final	6
1549	T154	SM 400 Metres – Kent – Heats (to T170)	8
1557	T155	SM 400 Metres – Middlesex – Heats (to T171)	12
1605	T156	U20M 400 Metres - Kent - Heats (to T169)	19
1621	T157	U17M 400 Metres - Middlesex Heats (to T182)	14
1633	T158	U17M 400 Metres - Herts - Heats (to T180)	7
1641	T159	U17M 400 Metres - Kent - Heats (to T181)	8
1649	T160	U17W 400 Metres – Herts – Heats (to T178)	10
1657	T161	U17W 400 Metres – Kent – Heats (to T179)	9
1705	T162	U17W 400 Metres – Middlesex – Final	4
1709	T163	U20W 400 Metres – Herts – Heats (to T184)	7
1717	T164	U20W 400 Metres – Kent/Middlesex– Final	3/3
1721	T165	SW 400 Metres - Herts – Final	5
1725	T166	SW 400 Metres – Kent – Final	6
1729	T167	SW 400 Metres – Middlesex – Final	6
1733	T168	U20M 400 Metres - Herts/Middlesex - Final	2/4
1737	T169	U20M 400 Metres - Kent - Semi-Finals (from T156 to T183)	
1745	T170	SM 400 Metres - Kent - Final (from T154)	
1749	T171	SM 400 Metres - Middlesex - Final (from T155)	
1756	T172	U15B 1500 Metres – Herts/Kent/Middlesex - Final	3/3/4
1803	T173	U17M 1500 Metres - Herts/Kent/Middlesex – Final	4/4/6
1810	T174	U20M 1500 Metres - Herts/Kent/Middlesex – Final	3/5/2
1817	T175	SM 1500 Metres - Herts/Kent/Middlesex – Final	3/6/3
1824	T176	U15G 300 Metres - Herts - Final (from T150)	
1828	T177	U15G 300 Metres – Kent – Final (from T151)	
1832	T178	U17W 400 Metres – Herts – Final (from T160)	
1836	T179	U17W 400 Metres - Kent - Final (from T161)	
1840	T180	U17M 400 Metres - Herts - Final (from T158)	
1844	T181	U17M 400 Metres – Kent – Final (from T159)	
1848	T182	U17M 400 Metres - Middlesex - Final (from T157)	
1852	T183	U20M 400 Metres – Kent – Final (from T169)	
1856	T184	U20W 400 Metres – Herts - Final (from T163)	

Sunday Timetable - Field

1000	F18	SM Pole Vault - All	8
1000	F19	SW/U20W Long Jump - All - North pit	5/10
1030	F20	U15G Shot - All	16
1130	F21	U17W Long Jump - All - North pit	20
1145	F22	SW/U20W Shot - All	3/4
1200	F23	U20M Pole Vault - All	6
1245	F24	U17W Shot - All	13
1315	F25	U15G Long Jump - Kent - North pit	14
1400	F26	U17M/U15B Pole Vault - All	6/8
1430	F27	U15G Long Jump - Herts/Middlesex - North pit	18
1430	F28	U15B High Jump - All - Plateau	7
1600	F29	U15G High Jump - All - Plateau	20
1600	F30	U17M High Jump - All - Arena	17
1630	F31	SM/U20M Triple Jump - All - South pit	7/7
1630	F32	U17M/U15B Triple Jump - All - North pit	13/5