

2009 TIMETABLE OF EVENTS First and Third Meeting

| Track | | | Field (see note below) | | | |
|-----------|-----------------|-----------------|------------------------|-------------|----------------|-----------|
| Time | Event | Age Group | Time | Event | Age Group | |
| 11:30 | 70m Hurdles | U13 Girls | 12:00 | High Jump | U13 Boys | |
| | 75m Hurdles | U13 Boys | | Shot | U13 Girls | |
| | 75m Hurdles | U15 Girls | | Long Jump | U15 Boys | |
| | 80m Hurdles | U15 Boys | | Javelin | U15 Girls | |
| 12:10 | 600m | U11 Boys/Girls | 13:00 | Shot | U15 Girls | |
| | 600m | U13 Girls | | High Jump | U15 Boys | |
| | 800m | U13 Boys | | Discus | U13 Girls | |
| | 800m | U15 Girls | | Javelin | U15 Boys | |
| 13:10 | 800m | U15 Boys | 14:00 | Pole Vault | U15 Boys/Girls | |
| | 75m | U13 Girls | | Long Jump | U13 Girls | |
| | 75m/80m | U11 Girls/Boys | | Shot | U13 Boys | |
| | 100m | U13 Boys | | High Jump | U15 Girls | |
| 13:40 | 100m | U15 Girls | 15:00 | Discus | U15 Boys | |
| | 100m | U15 Boys | | High Jump | U13 Girls | |
| | 3000m | U15 Boys | | Long Jump | U13 Boys | |
| | 14:00 | 300m | | Javelin | U13 Boys | |
| 14:30 | 400m | U15 Boys | 16:00 | Discus | U15 Girls | |
| | 150m | U13 Girls | | Javelin | U13 Girls | |
| | 200m | U13 Boys | | Discus | U13 Boys | |
| | 200m | U15 Girls | | Long Jump | U15 Girls | |
| 15:15 | 200m | U15 Boys | 16:00 | Shot | U15 Boys | |
| | 1000m | U13 Girls | | High Jump | U13 Girls | |
| | 1500m | U13 Boys | | Long Jump | U13 Boys | |
| | 1500m | U15 Girls | | Javelin | U13 Boys | |
| 16:05 | 1500m | U15 Boys | 16:00 | Discus | U15 Girls | |
| | 1200m Walks | U13/U15Girls | | Javelin | U13 Girls | |
| | 16:30 | 4 x 100m Relays | | U13/U15Boys | Discus | U13 Boys |
| | | | | U13 Girls | Long Jump | U15 Girls |
| U13 Boys | | | Shot | U15 Boys | | |
| U15 Girls | | | | | | |
| 17:05 | 4 x 100m Relays | U15 Boys | | | | |
| | | U15 Boys | | | | |
| | | U15 Boys | | | | |
| | | U15 Boys | | | | |

Track (Not to be Changed Under Any Circumstances)

Non Scoring

Competition numbers for both track and field non-scoring athletes must be obtained a minimum of 30 minutes before the time of the event

Track

U11 girls 75m & U11 boys 80m, U13 girls 75m & U13 boys 100m, U15 boys and girls 100m, U11 boys and girls 600m, U13 girls 1000m & U13 boys 1500m, & U15 boys and girls 1500m.

No none scoring will be permitted in the following events: U11 boys and girls 150m, U13 girls 150m & U13 boys 200m, U15 boys and girls 200m, U13 girls 600m & U13 boys 800m, & U15 boys and girls 800m. A maximum of four non-scoring athletes from each Club shall be permitted to compete in each of the events identified above.

One U13 or U15 non scoring athlete per club may compete in all other track events not specified in the list above. Further athletes/teams may be permitted to compete subject to the Track Judges discretion and recorders verification..

Field

1 athlete per club allowed in each field event. Where there is an incomplete complement of athletes (incomplete card) additional athletes may compete, subject to the Field Referee's discretion.

All subject to UKA age event restrictions and the discretion of the Referees and recording officers

Poles for pole vault may not necessarily be provided by Clubs