

DEANGATE TIMETABLE OF EVENTS

Track			Field		
Time	Event	Age Group	Time	Event	Age Group
11:30	70m Hurdles	U13 Girls	11:00	High Jump	U13 Boys
	75m Hurdles	U13 Boys		Shot	U13 Girls
	75m Hurdles	U15 Girls		Discus	U13 Boys
	80m Hurdles	U15 Boys		Javelin	U15 Girls
12:10	600m	U13 Girls	12:00	Shot	U15 Girls
	600m	U11 Boys/Girls			
	800m	U13 Boys			
	800m	U15 Girls			
	800m	U15 Boys			
13:10	75m	U13 Girls	13:00	High Jump	U15 Boys
	100m	U13 Boys			
	100m	U15 Girls			
	100m	U15 Boys			
	75m/80m	U11 Girls/Boys			
13:40	3000m	U15 Boys	14:00	Pole Vault	U15 Boys/Girls
14:00	300m	U15 Girls			
14:30	400m	U15 Boys			
	150m	U13 Girls			
15:15	150m	U11 Boys/Girls			
	200m	U13 Boys			
	200m	U15 Girls			
	200m	U15 Boys			
	1000m	U13 Girls			
16:05	1500m	U13 Boys	15:00	Shot	U15 Boys
	1500m	U15 Girls			
	1500m	U15 Boys			
	2000m Walks	U13/U15 Girls			
16:30	4 x 100m Relays	U13/U15 Boys	16:00	Long Jump	U13 Boys
		U13 Girls			
		U13 Boys			
		U15 Girls			
		U15 Boys			
17:05	4 x 400m Relays	U15 Boys	16:00	Long Jump	U15 Boys

Track (Not to be Changed Under Any Circumstances)

Non Scoring (in addition to team scoring events)

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

1st and 3rd meetings U11 75m & 80m, U13 75m & 100m, U15 100m, U13 1000m & 1500m, & U15 1500m
 2nd and 4th meetings U11 150m, U13 150m & 200m, U15 200m, U11 600m, U13 600m & 800m, & U15 800m
 A maximum of four non-scoring athletes from each Club shall be permitted to compete in each of these events

All other track events – one athlete per club plus additional athletes where track space permits, subject to Track Referee's discretion.

Field

One 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