

TRACK			
Race Time	Age Group	Event	
16:00	U9 B	1000m	Under 9s, U11 + U13
16:00	U11 B	1000m	
16:00	U9 G	1000m	
16:00	U11 G	1000m	
16:10	U13 B	1000m	
16:10	U13 G	1000m	
16:20	U9 B	60m	
16:25	U9 G	60m	
16:30	U11 B	60m	
16:35	U11 G	60m	
16:40	U13 B	80m	
16:45	U13 G	80m	
16:55	U9 B	300m	
17:00	U9 G	300m	
17:05	U11 B	300m	
17:10	U11 G	300m	
17:15	U13 B	300m	
17:20	U13 G	300m	

17:30	U15 B	100m	U15 - Seniors
17:35	U15 G	100m	
17:40	U17 B	100m	
17:45	U17 G	100m	
17:50	U20 G & Seniors W	100m	
17:55	U20 B & Seniors M	100m	

18:00	U9 B	150m	U9, U11 + U13
18:05	U9 G	150m	
18:10	U11 B	150m	
18:15	U11 G	150m	
18:20	U13 B	150m	
18:25	U13 G	150m	

18:30	U15 B	300m	U15 - Seniors
18:35	U15 G	300m	
18:40	U17 G	300m	
18:45	U17 B	400m	
18:50	U20 G & Seniors W	400m	
18:55	U20 B & Seniors M	400m	

**19.00 League Winner's Presentation**  
All Athletes to report to Podium Area

19:15	U15 B	800m	U15 - Seniors
19:15	U17 B	800m	
19:15	U20 B & Seniors M	800m	
19:15	U15 G	800m	
19:15	U17 G	800m	
19:15	U20 G & Seniors W	800m	
19:35	U15 B	200m	
19:40	U15 G	200m	
19:45	U15 B	200m	
19:50	U17 G	200m	
19:55	U20 G & Seniors W	200m	
20:00	U20 B & Seniors M	200m	

FIELD		
Start Time	Age Group	Event
16:00 - 16:45	U11 B	Shot Put
16:00 - 16:45	U11 G	Shot Put
16:00 - 16:45	U9 B	Javelin
16:00 - 16:45	U9 G	Javelin
16:00 - 16:45	U13 B	Long Jump
16:00 - 16:45	U13 G	Long Jump
16:00 - 16:45	U15 B	High Jump
16:45 - 17:30	U13 B	Javelin
16:45 - 17:30	U13 G	Javelin
16:45 - 17:30	U11 B	Long Jump
16:45 - 17:30	U11 G	Long Jump
17:00 - 17:30	U15 & U17 G	High Jump
17:30 - 18:15	U9 B	Long Jump
17:30 - 18:15	U9 G	Long Jump
17:30 - 18:15	U13 B	High Jump
17:30 - 18:15	U13 G	High Jump
17:30 - 18:15	U15 & U17 B	Shot Put
17:30 - 18:15	U15 & U17 G	Shot Put
17:30 - 18:15	U20 B & Seniors M	Javelin
17:30 - 18:15	U20 G & Seniors W	Javelin
18:00 - 18:45	U11 B	Javelin
18:00 - 18:45	U11 G	Javelin
18:15 - 18:45	U13 B	Shot Put
18:15 - 18:45	U13 G	Shot Put
18:15 - 18:45	U17, U20 B & Seniors M	High Jump
18:15 - 18:45	U20 G & Seniors W	High Jump
18:15 - 19:00	U15 & U17 B	Long Jump
18:15 - 19:00	U15 & U17 G	Long Jump
18:45 - 19:30	U20 B & Seniors M	Shot Put
18:45 - 19:30	U20 G & Seniors W	Shot Put
19:30 - 20:00	U15 & U17 G	Javelin
19:30 - 20:00	U15 & U17 B	Javelin
19:30 - 20:00	U20 B & Seniors M	Long Jump
19:30 - 20:00	U20 G & Seniors W	Long Jump

**Important Information:**

\* The U15 Male and Female + U17 Female Age groups will participate in a 300m race instead of 400m for this League Match.  
This will act as a qualifier for the English Schools Championships in which U15 & U17 age groups compete in a 300m race

\* Timetable is a guideline only and is subject to change  
\* Athletes must report for event **15 minutes before** the start time above  
\* The heats for long distance events may be merged depending on numbers  
\* In the case of a clash between track & field events, athletes must register for their field event with the official, before proceeding to the track event.  
They can return to the field event at the next earliest opportunity