

TRACK PROGRAMME

Track Event Athletes

You should report well before your event - announcements will be made, but events will run sequentially in 'blocks', according to the programme. You will be allocated heats and lanes. Relay runners report to your changeover.

12.00	T1	U13G	70m Hurdles FINAL
	T2	U13B	70m Hurdles FINAL
	T3	U14G	70m Hurdles FINAL
	T4	U14B	75m Hurdles FINAL
12.20	T5	U14B	300m Heats
12.30	T6	U13B	200m Heats
	T7	U14G	200m Heats
	T8	U14B	200m Heats
12.55	T9	U13G	150m Heats
	T10	U13B	150m Heats
13.15	T11	U14G	100m Heats
	T12	U14B	100m Heats
13.30	T13	U13G	80m Heats
	T14	U13B	80m Heats
13.45	T15	U14G	1500m FINAL
	T16	U14B	1500m FINAL
14.05	T17	U13G	1000m FINAL
	T18	U13B	1000m FINAL
14.15	T19	U14B	300m FINAL
14.20	T20	U13B	200m FINAL
	T21	U14G	200m FINAL
	T22	U14B	200m FINAL
14.30	T23	U13G	150m FINAL
	T24	U13B	150m FINAL
14.40	T25	U14G	100m FINAL
	T26	U14B	100m FINAL
	T27	U13G	80m FINAL
	T28	U13B	80m FINAL
14.55	T29/30	U13G	600m Time Trials – “B” string followed by “A” string
	T31/32	U13B	600m Time Trials – “B” string followed by “A” string
	T33/34	U14G	800m Time Trials – “B” string followed by “A” string
	T35/36	U14B	800m Time Trials – “B” string followed by “A” string

15.35	T37	U13G	4 x 100m RELAY	Time Trials, if necessary
	T38	U13B	4 x 100m RELAY	Time Trials, if necessary
	T39	U14G	4 x 100m RELAY	Time Trials, if necessary
	T40	U14B	4 x 100m RELAY	Time Trials, if necessary

16.15 FINISH (Presentations at 16.30, please could Districts wait for results)

FIELD PROGRAMME

Field Event Athletes

You should report direct to the event site **15 minutes** before your event. Please listen to the announcer as your event might start slightly early if the previous event has been completed.

12.00	F1	U13G	HIGH JUMP
	F2	U13B	LONG JUMP
	F3	U14B	SHOT
	F4	U13B	DISCUS
	F5	U14G	JAVELIN
13.00	F6	U13B	HIGH JUMP
	F7	U14G	LONG JUMP
	F8	U14B	TRIPLE JUMP
	F9	U14G	SHOT
	F10	U13G	DISCUS
	F11	U13B	JAVELIN
14.00	F12	U14B	HIGH JUMP
	F13	U13G	LONG JUMP
	F14	U13B	SHOT
	F15	U14B	DISCUS
	F16	U13G	JAVELIN
15.00	F17	U14G	HIGH JUMP
	F18	U14B	LONG JUMP
	F19	U13G	SHOT
	F20	U14G	DISCUS
	F21	U14B	JAVELIN

16.30 PRESENTATIONS of both TEAM & INDIVIDUAL TROPHIES – these should finish at about 16.45 & Districts are encouraged to stay until they are concluded.

TEAM TROPHIES – these will be awarded to the winning: Year 7 Girls team, the Year 7 Boys team, the Year 8 Girls team & the Year 8 Boys team.

Also, two Overall Points Aggregate Team Trophies will be presented to either Aldershot or Eastleigh & Winchester, in the 1st Division, & another to the winner from the other 8 Districts in the 2nd Division.

INDIVIDUAL TROPHIES – these will be presented for the Best Track & Best Field Performance of the day, across all four competitions.