

LINCOLNSHIRE TRACK AND FIELD LEAGUE 2015

MATCH 2 SUNDAY 26TH APRIL

SOUTH KESTEVEN STADIUM GRANTHAM

Track Programme (Report to starter's assistant 10 minutes prior)

Time	Event	Category
11.00am	300m hurdles	U17 women
11.10am	400m hurdles	U20 & senior women
11.15am	400m hurdles	U17, U20 & senior men
11.25am	1500m	U13 boys
11.35am	1500m	U13 girls
11.45am	1500m	U15 boys
11.50am	1500m	U15 girls
12.00 noon	1500m	U17, U20 & senior women
12.10pm	1500m	U17, U20 & senior men
12.20pm	300m	U15 boys & U17 women
12.30pm	400m	U20 & senior women
12.35pm	400m	U17, U20 & senior men
12.50pm	80m **	U11 girls & U11 boys
1.05pm	100m	U13 girls & U13 boys
1.20pm	100m	U15 girls & U15 boys
1.35pm	100m	U17, U20 & senior women
1.45pm	100m	U17, U20 & senior men
2.00pm	600m **	U11 girls & U11 boys
2.10pm	3000m	U15 girls, U15 boys & U17 women
2.30pm	3000m	U17, U20 & senior men
2.50pm	200m	U13 girls & U13 boys
3.05pm	200m	U15 girls & U15 boys
3.20pm	200m	U17, U20 & senior women
3.35pm	200m	U17, U20 & senior men
3.45pm	150m **	U11 girls & U11 boys
4.00pm	800m	U13 girls & U13 boys
4.20pm	800m	U15 girls & U15 boys
4.35pm	800m	U17, U20 & senior women
4.50pm	800m	U17, U20 & senior men
5.00pm (non counting)	4 x 100m relay	Mixed age groups: all ages
** U11 Quadrathlon	Combine a run, a jump & a throw plus another	
The Quadrathlon is a non-scoring event but the winning girl and boy will receive a trophy at match 3. The individual events within the quadrathlon will score points as normal.		