

# LINCOLNSHIRE TRACK AND FIELD LEAGUE 2015

## MATCH 3 SUNDAY 31<sup>st</sup> MAY

### SOUTH KESTEVEN STADIUM GRANTHAM

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

Time	Event	Category
11.00am	70m hurdles **	U13 girls
11.35am	1500m **	U13 boys
11.45am	75m hurdles **	U13 boys: U15 girls
11.50am	1500m **	U13 girls
12 noon	80m hurdles	U17 women: U15 boys
12.05pm	1500m	U15 girls
12.15pm	100m hurdles	U20 & senior women: U17 men
12.20pm	1500m	U15 boys
12.30pm	110m hurdles	U20 & senior men
12.40pm	1500m	U17, U20 & senior women
12.50pm	1500m	U17, U20 & senior men
1.05pm	300m	U15 boys, U17 women
1.10pm	400m	U17, U20 & senior men
1.20pm	400m	U20 & senior women
1.30pm	80m	U11 boys & girls
1.35pm	100m **	U13 boys & girls
1.45pm	100m	U15 boys & girls
1.55pm	100m	U17, U20 & senior women
2.00pm	100m	U17, U20 & senior men
2.10pm	600m	U11 boys & girls
*2.20pm	1500m steeplechase	U17, U20 & senior women
*2.30pm	1500m steeplechase	U17 men
*2.40pm	2000m steeplechase	U20 men
*2.55pm	3000m steeplechase	senior men
*Replaced by 3000m if new steeplechase barriers have not arrived. Subsequent events may be advanced		
3.15pm	200m **	U13 boys & girls
3.25pm	200m	U15 boys & girls
3.35pm	200m	U17, U20 & senior women
3.45pm	200m	U17, U20 & senior men
3.55pm	800m **	U13 boys & girls
4.05pm	800m	U15 boys & girls
4.15pm	800m	U17, U20 & senior women
4.25pm	800m	U17, U20 & senior men
4.35pm (non counting)	4 x 100m relay	Mixed and all age groups
** U13 boys & girls Quadrathlon; combine a run, a jump & a throw plus one other. The Quadrathlon is a non-scoring event but the winning boy and girl will receive a trophy at match 4. The individual events within the quadrathlon will score points as normal.		