

LINCOLNSHIRE TRACK AND FIELD LEAGUE 2015

MATCH 4 SUNDAY 5th JULY

SOUTH KESTEVEN STADIUM GRANTHAM

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

Time	Event	Category
10.30am	10,000m CC	U20, senior & veteran men
11.30am	300m hurdles	U17 women
11.40am	400m hurdles	U20 & senior women
11.45am	400m hurdles	U17, U20 & senior men
11.55am	1500m	U13 boys & girls
12 noon	1500m **	U15 boys & girls
12.10pm	1500m	U17, U20 & senior women
12.20pm	1500m	U17, U20 & senior men
12.30pm	300m **	U15 boys & U17 women
12.40pm	400m	U20 & senior women
12.45pm	400m	U17, U20 & senior men
12.55pm	80m	U11 boys & girls
1.00pm	100m	U13 boys & girls
1.10pm	100m **	U15 boys & girls
1.20pm	100m	U17, U20 & senior women
1.25pm	100m	U17, U20 & senior men
1.35pm	600m	U11 boys & girls
1.50pm	1500m steeplechase CC	U17, U20 & senior women
2.05pm	1500m steeplechase CC	U17 men
2.15pm	2000m steeplechase CC	U20 men
2.30pm	3000m steeplechase CC	senior men
2.50pm	200m	U13 boys & girls
3.05pm	200m **	U15 boys & girls
3.20pm	200m	U17, U20 & senior women
3.35pm	200m	U17, U20 & senior men
3.45pm	150m	U11 boys & girls
4.00pm	800m	U13 boys & girls
4.20pm	800m **	U15 boys & girls
4.35pm	800m	U17, U20 & senior women
4.50pm	800m	U17, U20 & senior men
5.00pm (non counting)	4 x 100m relay	Mixed and all age groups

** U15 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. The individual events within the quadrathlon will score points as normal.

CC are County Championship events and will not score points for the Lincs League