

LINCOLNSHIRE TRACK AND FIELD LEAGUE 2016

MATCH 2 SUNDAY 24th APRIL 2016

SOUTH KESTEVEN STADIUM, GRANTHAM

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

Time	Event	Category
11.00am	300m hurdles	U17 women
	400m hurdles	U20 & senior women
	400m hurdles	U17,U20 & senior men
11.25am	1500m	U13 boys
	1500m **	U13 girls
	1500m	U15 boys
	1500m	U15 girls
	1500m	U17, U20 & senior women
	1500m	U17, U20 & senior men
12.20pm	300m	U15 boys & U17 women
	400m	U20 & senior women
	400m	U17, U20 & senior men
12.40pm	80m	U11 girls & U11 boys
	100m **	U13 girls & U13 boys
	100m	U15 girls & U15 boys
	100m	U17, U20 & senior women
	100m	U17, U20 & senior men
1.30pm	600m	U11 girls & U11 boys
1.40pm	1500m steeplechase	U17, U20 & senior women
	1500m steeplechase	U17 men
	2000m steeplechase	U20 & senior men
2.20pm	200m **	U13 girls & U13 boys
	200m	U15 girls & U15 boys
	200m	U17, U20 & senior women
	200m	U17, U20 & senior men
	150m	U11 girls & U11 boys
3.00pm	800m **	U13 girls & U13 boys
	800m	U15 girls & U15 boys
	800m	U17, U20 & senior women
	800m	U17, U20 & senior men
3.40pm	4 x 100m relay (non counting)	Mixed and all age groups

** U13 boys & girls Quadrathlon; combine a run, a jump & a throw plus one other event. The Quadrathlon is a non-scoring event but the winning boy and girl will be presented with a trophy at match 3. The individual events within the quadrathlon will score points as normal.