

# LINCOLNSHIRE TRACK AND FIELD LEAGUE 2016

**MATCH 4 SUNDAY 4<sup>th</sup> SEPTEMBER 2016**

**TOMMY CLAY TRACK, PRSA, BOSTON**

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

<b>Time</b>	<b>Event</b>	<b>Category</b>
10.30am	10,000m CC	U20, senior & veteran men
11.30am	300m hurdles	U17 women **
	400m hurdles	U20 & senior women
	400m hurdles	U17 **, U20 & senior men
11.55am	1500m	U13 boys & girls
	1500m	U15 boys & girls
	1500m	U17 **, U20 & senior women
	1500m	U17**, U20 & senior men
12.30pm	300m	U15 boys, U17 women **
	400m	U20 & senior women
	400m	U17 **, U20 & senior men
12.55pm	80m	U11 boys & girls
	100m	U13 boys & girls
	100m	U15 boys & girls
	100m	U17 **, U20 & senior women
	100m	U17 **, U20 & senior men
1.35pm	600m	U11 boys & girls
1.50pm	3000m	U17 **, U20 & senior women
	3000m	U17 ** men
	3000m	U20 men
	3000m	Senior men
2.50pm	200m	U13 boys & girls
	200m	U15 boys & girls
	200m	U17 **, U20 & senior women
	200m	U17 **, U20 & senior men
	150m	U11 boys & girls
4.00pm	800m	U13 boys & girls
	800m	U15 boys & girls
	800m	U17 **, U20 & senior women
	800m	U17 **, U20 & senior men
	4 x 100m relay (non counting)	Mixed and all age groups

\*\* U17 men & women 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. 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