

**LINCOLNSHIRE TRACK AND FIELD LEAGUE 2017**

**MATCH THREE**

**SUNDAY JULY 23<sup>RD</sup>**

**TOMMY CLAY TRACK (PRSA) BOSTON**

**TRACK PROGRAMME**

**Please report to the starters assistant 10 mins. Prior to the start**

11.00am	70m hurdles	U13G
	1500m	U13B & U13G
	75m hurdles	U13B & U15G
	1500m	U15B & U15G
	80m hurdles	U15B & U17Women
	1500m	U17 M&W U20 & SEN M&W
	100m hurdles	U17M U20 & SEN W
	110m hurdles	U20 & SEN M
11.50am	80m	U9 B & G
	80m	U11 B & G
	100m	U13 B & G
	100m	U15 B & G
	100m	U17, U20 & SEN M
	100m	U17, U20 & SEN W
12.50pm	300m	U15G, U15B & U17W
	400m	U17, U20, SEN M & W
1.10pm	600m	U11 B & G
1.20pm	150m	U9 B & G
	150m	U11 B & G
1.30pm	200m	U13 B & G
	200m	U15 B & G
	200m	U17, U20 & SEN M
	200m	U17, U20 & SEN W
2.10pm	3000m	All age groups U17,U20 SM &SW
2.45pm	800m	U13B & U13G
	800m	U15B & U15G
	800m	U17, U20, SEN M & SEN W
3.10pm	Steeplechase as required	U17,U20 & SEN W & U17M 1500m U20 & SEN M 2000m
RELAYS	4 x 50 m shuttle runs	U9 B & G
	Combined 4 x 100m	U11, U13, U15,U17, U20 SEN M&W