

Lincolnshire Track & Field League

Matches 1 & 3 April 12th & July 25th 2004

Track Programme (report to the Marksman 10 mins before the time stated)

11.30	70mH U/13 Girls
11.35	1500m U/13 Boys
11.45	75mH U/13Boys, U/15 Girls
11.50	1500m U/13 Girls
12.00	80mH U/17 Women, U/15 Boys
12.05	1500m U/15 Girls
12.15	100mH U/20/Sen/Vet Women, U/17Men
12.20	1500m U/15 Boys
12.30	110mH U/20, Sen/Vet Men
12.40	1500m U/17 Women, U/20 Women, Sen/Vet Women
12.50	1500m U/17 Men, U/20 Men, Sen/Vet Men
1.00	300m U/17 Women
1.05	400m U/17 Men, U/20 Men
1.10	400m U/20 Women, Sen/Vet Women
1.15	400m Sen/Vet Men
1.20	80m U/11 Girls, U/11 Boys
1.30	100m U/13 Girls, U/13 Boys
1.45	100m U/15 Girls, U/15 Boys
1.55	100m U/17 Women, U/20 Women, Sen/Vet Women
2.10	100m U/17 Men, U/20 Men, Sen/Vet Men
2.25	600m U/11 Girls, U/11 Boys
2.35	3000m U/15 Girls, U/15 Boys
*2.50	3000m U/17/U/20/Sen/Vet Men & Women
3.10	200m U/13 Girls, U/13 Boys
3.25	200m U/15 Girls, U/15 Boys
3.40	200m U/17 Women, U/20 Women, Sen/Vet Women
3.50	200m U/17 Men, U/20 Men, Sen/Vet Men
4.05	800m U/13 Girls, U/13 Boys
4.20	800m U/15 Girls, U/15 Boys
4.35	800m U/17 Women, U/20 Women, Sen/Vet Women
4.50	800m U/17 Men, U/20 Men, Sen/Vet Men
5.05	4 x 100m U/13 Girls, U/13 Boys, U/15 Girls, U/15 Boys
*5.20	4 x 100m U/17 Women, U/17 Men, U/20 Men & Women, Sen/Vet M & W

FIELD PROGRAMME

MATCHES 1 & 3 April 12th & July 25th 2004

	11.30	12.15	1.00	1.45	2.30	3.15	4.00
HJ	U/15G	U/15B	U/17M	U/13B	U/20	U/17	U/13G
LJ	U/11B U/11G	U/13G	U/15G	U/15B	U/13B	U/17 U/20 S&VM	U/17 U/20 S&VM
TJ	U/17, U/20 S&VM	U/17, U/20 S&VM					
SH	U/13B	U/15B, U/17M	U/17, U/20 S&VM	U/13G	U/15G		U/17, U/20 S&VM
DIS			U/13G U/13B	U/20M S&VM	U/17W U/20W S&VM	U/17M U/15B	U/15G
JAV	B/THR U/11B&G		U/20M S&VM	U/17W U/20S&VM	U/17M	U/13G U/15G	U/13B U/15B
HAM	U/17, U/20 S&VM	U/15B U/17, U/20 S&VM					
PV	ALL GROUPS..... 1.50m+				ALL GROUPS.....		2.40m+

We are trying to ensure that the best and most encompassing track programme is available to athletes within all competing clubs. In order to do so we are asking your help with officials and helpers and therefore we have allocated field events for the four match series which we feel would give the maximum opportunity to encourage officials/helpers to take part.

The events allocated are based on our thoughts on how larger clubs take the more technical events and smaller clubs take the less technical but obviously there will be substantial interchange between the clubs. Gainsborough (the smallest club) are only being asked to provide Hurdle Stewards along with the clubs most likely to produce hurdlers.

The Field events have been allocated to the following clubs for all four matches to provide qualified officials/helpers.

<u>DISCIPLINE</u>	<u>CLUB</u>
HIGH JUMP	GRIMSBY
LONG JUMP	SLEAFORD
TRIPLE JUMP	BOURNE
POLE VAULT	GRANTHAM
SHOT	BARTON
DISCUS	LOUTH
JAVELIN	BOSTON
HAMMER	LINCOLN WELLINGTON
HURDLE STEWARDS	GAINSBOROUGH