

All events are under published UKA Rules.

<b>Field</b>		
<b>Time</b>	<b>Event</b>	<b>Age Groups</b>
<b>10.00</b>	<b>Hammer</b>	All Male and Female age groups and Triathlon Athletes
	<b>Shot</b>	All Female age groups and Triathlon Athletes
<b>11.00</b>	<b>Discus</b>	All Triathlon athletes
	<b>Shot</b>	All Male age groups and Triathlon Athletes
<b>12.00</b>	<b>Javelin</b>	All Triathlon athletes
	<b>Heavy Weight</b>	All Triathlon athletes
	<b>High Jump</b>	GU13/15
<b>13.00</b>	<b>Javelin</b>	BU11/13/15
	<b>Long Jump</b>	GU11/13/15
	<b>High Jump</b>	BU13/15
<b>14.00</b>	<b>Discus</b>	MU17/MU20/Senior Men
	<b>Long Jump</b>	LU17/LU20/Senior Ladies
	<b>Long Jump</b>	MU17/MU20/Senior Men
<b>15.00</b>	<b>Javelin</b>	GU11/13/15
	<b>High Jump</b>	Mu17/Lu17/Mu20/Lu20/Senior Men and Ladies
	<b>Long Jump</b>	BU11/13/15
<b>16.00</b>	<b>Discus</b>	LU17/LU20/Senior Ladies
	<b>Triple Jump</b>	BU17/MU20/Senior Men
	<b>Triple Jump</b>	LU17/LU20/Senior Ladies
<b><u>Details re Field Events</u></b>		
<b>Triathlon Athletes</b>		6 throws each
<b>Long Jump</b>	U13 U13/15/17/Snr	4 jumps each 3 jumps each, best 6 a further 3 jumps
<b>High Jump</b>	<b>Starting Heights</b>	
	GU13/BU13	1.05m
	GU15	1.15m
	BU15/LU17	1.25m
	MU17	1.35m
	SL	1.30m
	SM	1.50m
<p>All age groups height will progress by 5cm until 3 competitors left when there will be progression by a minimum 3cm until there is 1 athlete left who can select their own height.</p> <p>Competitors can opt to miss heights and start at any height above the starting height.</p>		
<b>Shot</b>	)	
	)	Probably 6 throws each but dependant upon entries
	)	
<b>Discus/Jav.</b>	)	