

All events are under published UKA Rules.

Timetable		
Time	Event	Age Groups
10.00	Hammer	All Female age groups
	High Jump	GU13/15
	Long Jump	LU17/20/SL
	Long Jump	MU17/20/SM
11.00	Hammer	All male age groups
	Javelin	GU13
	Shot	LU17/20/SL
	High Jump	BU13/15
12.00	Discus	BU13/15
	Javelin	GU15
	Shot	GU15
	Long Jump	GU13
	Pole Vault	All age groups
1.00	Discus	MU17/20/SM
	Javelin	BU13/15
	Shot	GU13
	Long Jump	BU13
	Long Jump	GU15
2.00	Discus	LU17/20/SL
	Javelin	MU17/20/SM
	Shot	BU13/15
	High Jump	LU17/20/SL
	Triple Jump	All Male Age Groups
3.00	Discus	GU13/15
	Javelin	LU17/20/SL
	Shot	MU17/20/SM
	High Jump	MU17/20/SM
	Triple Jump	All Female Age Groups

**Long Jump**  
 U13 4 jumps each  
 U13/15/17/Snr 3 jumps each,  
 best 6 a further 3 jumps

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.

**High Jump**

Starting Heights	
GU13/BU13	1.05m
GU15	1.15m
BU15/LU17	1.25m
MU17	1.35m
SL	1.30m
SM	1.50m

Competitors can opt to miss heights and start at any height above the starting height.

**Shot**  
 All age groups 3 throws each,  
 best 6 a further 3 throws

All throwers will throw their age related weight, if entering a combination of throws will be eligible for a triathlon score.

**Discus/Jav.**  
 All age groups 4 throws