

All events are under published UKA Rules.

Track			Field		
Time	Event	Age Groups	Time	Event	Age Group
10.00			10.00	Hammer	All Female Age Groups
10.30	300mH			Javelin	BU13
				High Jump	GU13/15
				Long Jump	LU17/20/SL
				Shot	MU17/20/SM
11.00	70mH	GU13	11.00	Hammer	All Male Age Groups
	75mH	BU13		Javelin	GU13
	75mH	GU15		High Jump	BU13/15
	80mH	BU15		Long Jump	MU17/20/SM
	80mH	LU17		Shot	LU17/20/SL
	100mH	MU17			
	100mH	SL			
	110mH	SM			
11.30	600m	GU13)			
		BU13)			
		GU15)			
		BU15)			
		LU17) Graded Races	12.00	Discus	BU13/15
		MU17)		Javelin	GU15
		SL)		Long Jump	BU13
		SM)		Long Jump	GU13
				Shot	GU13
12.30	2miles	All Age Groups			
13.00	150m	GU13)	13.00	Discus	MU17/20/SM
		BU13)		Javelin	BU15
		GU15) Graded Races		Pole Vault	All Age Groups
		BU15)		Long Jump	GU15
		LU17)		Triple Jump	All Male Age Groups
		MU17)			
		SL)			
		SM)			
13.30	3000m Walk	All Age Groups			
14.00	1500m Walk	All Age Groups	14.00	Discus	LU17/20/SL
				Javelin	MU17/20/SM
				High Jump	LU17/20/SL
				Long Jump	BU15
				Shot	GU15
14.45	1000m	GU13)			
		BU13)			
		GU15) Graded Races			
		BU15)			
		LU17)	15.00	Discus	GU13/15
		MU17)		Javelin	LU17/20/SL
		SL)		High Jump	MU17/20/SM
		SM)		Shot	BU13/15
				Triple Jump	All Female Age Groups
15.15	300m	GU15)			
		BU15)			
		LU17) Graded Races			
		MU17)			
		SL)			
		SM)			
ENTRIES FOR TRACK EVENTS WILL CONTINUE UNTIL THE DAY OF THE MEETING, ENTRIES WILL THEN CLOSE 45 MINUTES BEFORE THE EVENT			Details re Field Events		
ENTRIES FOR ALL FIELD EVENTS WILL CLOSE ON SATURDAY 10TH MARCH			Long Jump	U13 U13/15/17/Snr	4 jumps each 3 jumps each, best 6 a further 3 jumps
			High Jump	Starting Heights	
				GU13/BU13	1.05m
				GU15	1.15m
				BU15/LU17	1.25m
				MU17	1.35m
				SL	1.30m
				SM	1.50m
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.					
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
			Discus/Jav.	All age groups	4 throws