

Cumbria AA Track and Field Championships 12th May 2018 Track Timetable

Should Heats not be required the Final will be held at HEAT TIME

12.00	T 1 Under 17 Women	300 Metres Hurdles	Final
12.05	T 2 Under 11 Boys	60 Metres	Heats
	T 3 Under 11 Girls	60 Metres	Final
	T 4 Under 13 Girls	75 Metres	Final
	T 5 Under 13 Boys	75 Metres	Final
	T 6 Under 15 Girls	100 Metres	Heats
	T 7 Under 15 Boys	100 Metres	Final
	T 8 Under 17 Women	100 Metres	Final
	T 9 Under 17 Men	100 Metres	Heats
	T10 Senior Women	100 Metres	Final
	T11 Senior Men	100 Metres	Final
12.45	T12 Under 13 Girls	150 Metres	Heats
	T13 Under 13 Boys	150 Metres	Heats
	T14 Under 15 Girls	200 Metres	Heats
	T15 Under 15 Boys	200 Metres	Final
	T16 Under 17 Women	200 Metres	Final
	T17 Under 17 Men	200 Metres	Final
	T18 Senior Women	200 Metres	Final
	T19 Senior Men	200 Metres	Final
13.40	T20 Under 11 Girls	600 Metres	Final
	T21 Under 11 Boys	600 Metres	Final
	T22 Senior Men	5000 Metres	Final
	T23 Under 15 Boys	3000 Metres	Final
	T24 Under 17 Men	3000 Metres	Final
	T25 Under 13 Girls	800 Metres	Final
	T26 Under 13 Boys	800 Metres	Final
	T27 Under 15 Girls	800 Metres	Final
	T28 Under 15 Boys	800 Metres	Final
	T29 Under 17 Women	800 Metres	Final
	T30 Under 17 Men	800 Metres	Final
	T31 Senior Women	800 Metres	Final
	T32 Senior Men	800 Metres	Final
	T33 Under 11 Boys	60 Metres	Final
	T34 Under 15 Girls	100 Metres	Final
	T35 Under 17 Men	100 Metres	Final
14.30	T36 Under 17 Men	100 Metres Hurdles	Final
	T37 Under 15 Girls	75 Metres Hurdles	Final
	T38 Under 13 Girls	70 Metres Hurdles	Final
	T39 Under 13 Boys	150 Metres	Final
	T40 Under 13 Girls	150 Metres	Final
15.00	T41 Under 13 Girls	1500 Metres	Final
	T42 Under 13 Boys	1500 Metres	Final
	T43 Under 15 Girls	1500 Metres	Final
	T44 Under 15 Boys	1500 Metres	Final
	T45 Under 17 Women	1500 Metres	Final
	T46 Under 17 Men	1500 Metres	Final
	T47 Senior Women	1500 Metres	Final
	T48 Senior Men	1500 Metres	Final
15.50	T49 Under 15 Boys	300 Metres	Final
	T50 Under 17 Women	300 Metres	Final
	T51 Under 15 Girls	200 Metres	Final
	T52 Senior Men	400 Metres	Final
	T53 Senior Women	400 Metres	Final
	T54 Under 17 Men	400 Metres	Final

Field Timetable

Cumbria AA Track and Field Championships 12th May 2018 - Field Timetable

12.00 Hammer

F 1 Senior Men
F 2 Under 17 Men
F 3 Under 15 Boys
F 4 Senior Women

High Jump

F 5 Under 15 Girls
F 6 Under 13 Girls

12.45 Long Jump

F 7 Under 11 Boys
F 8 Under 15 Girls

13.00 High Jump

F 9 Under 15 Boys
F10 Under 17 Men
F11 Under 13 Boys

Javelin

F12 Under 13 Girls
F13 Under 15 Girls
F14 Under 17 Women
F15 Senior Women

13.30 Long Jump

F16 Under 11 Girls
F17 Under 13 Girls

14.00 Javelin

F18 Senior Men
F19 Under 17 Men
F20 Under 15 Boys
F21 Under 13 Boys

Shot

F22 Under 13 Girls
F23 Under 15 Girls
F24 Under 17 Women
F25 Senior Women

14.30 Long Jump

F26 Senior Men
F27 Under 17 Men
F28 Under 17 Women

15.00 Discus

F29 Under 13 Girls
F30 Under 15 Girls
F31 Senior Women

Shot

F32 Under 13 Boys
F33 Under 15 Boys
F34 Under 17 Men
F35 Senior Men

15.15 Long Jump

F36 Under 13 Boys
F37 Under 15 Boys

16.00 Discus

F38 Under 13 Boys
F39 Under 15 Boys
F40 Under 17 Men
F41 Senior Men

Triple Jump

F42 Under 17 Men
F43 Senior Men
F44 Senior Women

With the exception of the high jump

Under 11 & Under 13 athletes will have 3 attempts

Under 15, Under 17 and Senior athletes will have 3 attempts and a further 3 attempts if they achieve the standard stated on the field cards