### **AVON TRACK & FIELD LEAGUE**

# Combined Timetable 2024 - Round 1 / Round 3

#### **TRACK Timetable**

#### **FIELD Timetable**

| Time  | Event        | Age Group            |         | Time  | Event       | Age Group              | Weight   |
|-------|--------------|----------------------|---------|-------|-------------|------------------------|----------|
| 11:00 | 70m Hurdles  | U13 Girls            |         | 11:00 | Hammer      | U15G/U17W/Senior Women | 3, 3, 4  |
| 11:10 | 75m Hurdles  | U15 Girls            |         | 11:00 | Shot        | U13 Boys               | 3        |
|       | 75m Hurdles  | U13 Boys             |         | 11:00 | Para Discus | All ages               |          |
| 11:25 | 80m Hurdles  | U17 Women            |         |       |             |                        |          |
|       | 80m Hurdles  | U15 Boys             |         |       |             |                        |          |
| 11:40 | 100m Hurdles | Senior Women         |         |       |             |                        |          |
|       | 100m Hurdles | U17 Men              |         | 11:50 | Long Jump   | U13 Boys               |          |
|       | 110m Hurdles | Senior Men           |         |       |             |                        |          |
| 12:00 | 800m         | U13 Boys             |         | 12:00 | Pole Vault  | U15 and up, mixed      |          |
|       | 800m         | U13 Girls            |         | 12:00 | High Jump   | U13 Girls              |          |
|       | 800m         | U15 Boys             |         | 12:00 | Shot        | Senior Men             | 7.26     |
|       | 800m         | U15 Girls            |         |       |             |                        |          |
| 12:40 | 100m WC/Para | All Ages (N/S)       |         | 12:10 | Discus      | U13B/U15B              | 1, 1.25  |
| 12:45 | 100m         | Senior/Masters Men   |         |       |             |                        |          |
|       | 100m         | Senior/Masters Women |         |       |             |                        |          |
|       | 100m         | U17 Men              |         |       |             |                        |          |
|       | 100m         | U17 Women            |         |       |             |                        |          |
| 13:10 | 100m         | U15 Boys             |         |       |             |                        |          |
|       | 100m         | U15 Girls            |         | 13:10 | Discus      | U17M/Senior Men        | 1.5, 2   |
| 13:25 | 75m          | U13 Boys             |         |       |             |                        |          |
|       | 75m          | U13 Girls            |         | 13:30 | Long Jump   | U17M/Senior Men        |          |
| 13:40 | 60m          | Adaptive (N/S)       |         | 13:30 | Shot        | U15B                   | 4        |
|       | Track        | Break                |         |       |             |                        |          |
| 14:15 | 3000m        | All Genders (N/S)    |         | 14:00 | High Jump   | U15G/U17W/Senior Women |          |
| 14:30 | 400m WC/Para | All Ages (N/S)       |         | 14:10 | Javelin     | U17W/Senior Women      | 500, 600 |
|       | 400m         | Senior Women         |         | 14:20 | Shot        | U17M                   | 5        |
| 14:45 | 300m         | U17 Women            |         | 14:20 | Long Jump   | U15B                   |          |
|       | 300m         | U15 Girls            |         |       |             |                        |          |
| 15:10 | 200m         | Senior Men           |         |       |             |                        |          |
|       | 200m         | Senior Women         |         | 15:10 | Javelin     | U13G/U15G              | 400, 500 |
|       | 200m         | U17 Men              |         | 15:10 | Triple Jump | U15G/U17W/Senior Women |          |
|       | 200m         | U17 Women            |         |       |             |                        |          |
| 15:30 | 200m         | U15 Boys             |         | 15:30 | Para Shot   | All ages               |          |
|       | 200m         | U15 Girls            |         |       |             |                        |          |
| 15:45 | 150m         | U13 Boys             |         |       |             |                        |          |
|       | 150m         | U13 Girls            | $\perp$ |       |             |                        |          |
| 16:05 | 800m         | Senior/Masters Men   |         |       |             |                        |          |
|       | 800m         | U17 Men              |         |       |             |                        |          |
|       | 800m         | Senior/Masters Women |         |       |             |                        |          |
|       | 800m         | U17 Women            | $\perp$ |       |             |                        |          |
| 16:25 | 4x100m       | Senior Men           |         |       |             |                        |          |
|       | 4x100m       | Senior Women         | $\perp$ |       |             |                        |          |
|       | 4x100m       | U17 Men              |         |       |             |                        |          |
|       | 4x100m       | U17 Women            |         |       |             |                        |          |
|       | 4x100m       | U15 Boys             |         |       |             |                        |          |
|       | 4x100m       | U15 Girls            |         |       |             |                        |          |
|       | 4x100m       | U13 Mixed B / G      |         |       |             |                        |          |

# UNDER 11 EVENTS

| 09:00 | 75m  | GU11 |
|-------|------|------|
| 09:30 | 75m  | BU11 |
| 10:20 | 600m | GU11 |
| 10:30 | 600m | BU11 |

| 09:00 | Howler Throw | BU11 |
|-------|--------------|------|
| 09:30 | Howler Throw | GU11 |
| 09:50 | Long Jump    | GU11 |
| 10:00 | Long Jump    | BU11 |