

Avon Track & Field 2024 'B' Programme – Round 4

U13 Boys

75m	12:35
1200m	13:00
Javelin (400g)	13:40
High Jump	14:10
150m	15:15
4 x 100m (mixed)	16:15

U15 Boys

High Jump	11:50
Hammer	12:00
Pole Vault (non-scoring)	12:00
100m	12:20
1500m	13:15
Javelin (600g)	13:40
3000m (non-scoring)	13:55
300m	14:25
200m	14:55
Triple Jump	15:10
4 x 100m	16:15
4 x 300m	16:15

U17 Men

400m Hurdles	11:20
100m	11:40
High Jump	11:50
Hammer	12:00
Pole Vault (non-scoring)	12:00
3000m (non-scoring)	13:55
400m	14:10
200m	14:35
Triple Jump	15:10
Javelin (700g)	15:30
1500m	15:35
4 x 100m	16:15
4 x 400m	16:15

Senior & Masters Men

400m Hurdles	11:20
100m *(includes Masters)	11:40
High Jump	11:50
Hammer	12:00
3000m (non-scoring)	13:55
Pole Vault (non-scoring)	12:00
400m	14:10
200m	14:35
Triple Jump	15:10
Javelin (800g)	15:30
1500m *(includes Masters)	15:35
4 x 100m	16:15
4 x 400m	16:15

Para/Adaptive – WC/Frame/Ambulant

Discus (seated & ambulant)	10:30
100m (all categories)	12:30
60m ambulant	12:45
Para Howler	13:00
400m (all categories)	13:50
200m (all categories)	15:10
Shot (seated & ambulant)	15:30

U13 Girls

Discus (0.75kg)	11:00
75m	12:35
1200m	13:00
Shot put (2.72kg)	13:20
Long Jump	14:10
150m	15:15
4 x 100m (mixed)	16:15

U15 Girls

Discus (1kg)	11:00
100m	12:20
Pole Vault (non-scoring)	12:00
1500m	13:15
Long Jump	13:20
Shot put (3kg)	14:10
3000m (non-scoring)	13:55
200m	14:55
4 x 100m	16:15
4 x 300m	16:15

U17 Women

300m Hurdles	11:00
Shot put (3kg)	11:00
100m	11:40
Long Jump	12:20
Pole Vault (non-scoring)	12:00
3000m (non-scoring)	13:55
Discus (1kg)	14:40
200m	14:35
1500m	15:35
4 x 100m	16:15
4 x 300m	16:15

Senior & Masters Women

Shot put (4kg)	11:00
400m Hurdles	11:10
100m *(includes Masters)	11:40
Long Jump	12:20
Pole Vault (non-scoring)	12:00
3000m (non-scoring)	13:55
Discus (1kg)	14:40
200m	14:35
1500m *(includes Masters)	15:35
4 x 100m	16:15
4 x 400m	16:15

Quadkids are detailed on a separate timetable