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| **Lower Age Group Non Premier Timetable** |
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| **TRACK Timetable** |  |  |  | **FIELD Timetable** |  |
|  |  |  |  |  |  |  |  |
| **Time** | **Event** | **M/F** |  |  | **Time** | **Event** | **M/F** |
| 11.30 | 70m Hurdles | U13 Girls | A followed by B |  | 11.30 | Hammer | U15 Boys & Girls |
| 11.40 | 75m Hurdles | U13 Boys | A followed by B |  | Long Jump | U13 Boys |
| 11.50 | 75m Hurdles | U15 Girls | A followed by B |  | 11.45 | High Jump | U15 Girls |
| 12.00 | 80m Hurdles | U15 Boys | A followed by B |  | Shot | U13 Girls |
| 12.15 | 150m | U13 Girls | A followed by B |  | 12.30 | Discus | U15 Boys  |
| 12.25 | 200m | U13 Boys | A followed by B |  | 13.00 | Long Jump | U15 Girls |
| 12.35 | 200m | U15 Girls | A followed by B |  | High Jump | U13 Boys & Girls |
| 12.45 | 200m | U15 Boys | A followed by B |  | Pole Vault | U15 Boys & Girls |
| 13.00 | 800m | U13 Girls | A followed by B |  | 13.10 | Discus | U15 Girls |
| 13.10 | 800m NS | U13 Girls |   |  | 13.15 | Shot | U15 Boys |
| 13.15 | 800m | U13 Boys | A followed by B |  | 13.45 | Javelin | U15 Boys |
| 13.25 | 800m NS | U13 Boys |   |  | 14.30 | Javelin | U15 Girls |
| 13.30 | 800m | U15 Girls | A followed by B |  | Long Jump | U13 Girls |
| 13.40 | 800m NS | U15 Girls |   |  | High Jump | U15 Boys |
| 13.45 | 800m | U15 Boys | A followed by B |  | Shot | U13 Boys |
| 13.55 | 800m NS | U15 Boys |   |  | 15.10 | Javelin | U13 Boys |
| 14.00 | 75m | U13 Girls | A followed by B |  | 15.30 | Long Jump | U15 Boys |
| 14.10 | 75m NS | U13 Girls |   |  | Shot | U15 Girls |
| 14.15 | 100m | U13 Boys | A followed by B |  | 15.50 | Javelin | U13 Girls |
| 14.25 | 100m NS | U13 Boys |   |  | **3 trials per athlete except vertical jumps** |
| 14.30 | 100m | U15 Girls | A followed by B |  |  |  |  |
| 14.40 | 100m NS | U15 Girls |   |  |  |  |  |
| 14.45 | 100m | U15 Boys | A followed by B |  |  |  |  |
| 14.55 | 100m NS | U15 Boys |   |  |  |  |  |
| 15.00 | 300m | U15 Girls | A followed by B |  |  |  |  |
| 15.10 | 300m | U15 Boys | A followed by B |  |  |  |  |
| 15.20 | 1200m | U13 Girls | One Race |  |  |  |  |
| 15.30 | 1500m | U13 Boys | One Race |  |  |  |  |
| 15.40 | 1500m | U15 Girls | One Race |  |  |  |  |
| 15.50 | 1500m | U15 Boys | One Race |  |  |  |  |
| 16.00 | 4x100m | U13 Girls | One Race |  |  |  |  |
| 16.05 | 4x100m | U13 Boys | One Race |  |  |  |  |
| 16.10 | 4x100m | U15 Girls | One Race |  |  |  |  |
| 16.15 | 4x100m | U15 Boys | One Race |  |  |  |  |
| 16.20 | 4x300m | U15 Girls | One Race |  |  |  |  |
| 16.25 | 4x300m | U15 Boys | One Race |  |  |  |  |
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| **Should a stadium have an outside throws area available then** |
|  **the under 15 boys hammer could commence at 11.45** |
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