

CHESHIRE TRACK AND FIELD LEAGUE

TIMETABLE - ROUND 1

TRACK

1:00	Under 11 Girls	75m
1:00	Under 11 Boys	75m
1:15	Under 13 Girls	100m
1:30	Under 15 Girls	100m
1:40	Ladies	100m
1:50	Men's	100m
2:00	Men's	3000m
2:15	Ladies	3000m
2:30	Under 13 Boys	200m
2:40	Under 15 Boys	200m
2:50	Under 17 Boys	200m
3:00	Under 11 Girls	600m
3:00	Under 11 Boys	600m
3:15	Under 13 Girls	800m
3:30	Under 13 Boys	800m
3:45	Under 17 Boys	800m
4:00	Men's	800m
4:15	Under 15 Girls	1500m
4:30	Ladies	1500m
4:40	Under 15 Boys	1500m
4:50	Under 11 Girls	4x100 Relay
4:55	Under 11 Boys	4x100 Relay
5:00	Under 13 Boys	4x100m Relay
5:05	Under 15 Boys	4x100m Relay
5:10	Under 17 Boys	4x100m Relay
5:15	Under 13 Girls	4x100m Relay
5:20	Under 15 Girls	4x100m Relay
5:25	Ladies	4x100m Relay
5:30	Men's	4x100m Relay

FIELD

1:00	Under 13 Boys	High Jump	Under 15 Boys	Discus
1:00	Under 17 Boys	Triple Jump		
1:30	Under 11's	Long Jump (Boys & Girls)		
1:45			Under 15 Girls	Shot
2:20	Ladies	Long Jump	Men's	Javelin
2:30	Under 15 Girls	High Jump	Under 13 Girls	Discus
3:10	Under 15 Boys	Long Jump	Under 13 Boys	Shot
3:30	Men's	High Jump		
4:00	Under 13 Girls	Long Jump	Under 17 Boys	Shot
4:00			Ladies	Javelin
4:00			Under 11 Mixed	Soft Javelin

Any Non Counting races will immediately follow the counting event.
Non counters may enter field events only at the discretion of the field referee.

CHESHIRE TRACK AND FIELD LEAGUE

TIMETABLE - ROUND 2

TRACK

1:00	Under 11 Girls	75m
1:00	Under 11 Boys	75m
1:15	Under 13 Boys	100m
1:30	Under 15 Boys	100m
1:40	Under 17 Boys	100m
1:50	Mens	3000m
2:05	Ladies	3000m
2:20	Under 13 Girls	200m
2:30	Under 15 Girls	200m
2:40	Ladies	200m
2:50	Mens	200m
3:00	Under 11 Girls	600m
3:00	Under 11 Boys	600m
3:15	Under 13 Girls	800m
3:30	Under 15 Girls	800m
3:45	Ladies	800m
4:00	Under 15 Boys	800m
4:15	Under 13 Boys	1500m
4:30	Under 17 Boys	1500m
4:40	Mens	1500m
4:50	Under 11 Girls	4x100 Relay
4:55	Under 11 Boys	4x100 Relay
5:00	Under 13 Boys	4x100m Relay
5:05	Under 15 Boys	4x100m Relay
5:10	Under 17 Boys	4x100m Relay
5:15	Under 13 Girls	4x100m Relay
5:20	Under 15 Girls	4x100m Relay
5:25	Ladies	4x400m Relay
5:30	Mens	4x400m Relay

FIELD

1:00	Ladies	High Jump	Under 15 Girls	Javelin
1:00	Mens	Long Jump		
1:30	Under 11 's	Long Jump (Boys & Girls)		
1:45			Under 15 Boys	Shot
2:20	Under 17 Boys	Long Jump	Under 13 Boys	Discus
2:30	Under 15 Boys	High Jump	Under 13 Girls	Shot
3:10	Under 15 Girls	Long Jump	Under 17 Boys	Shot
3:10			Mens	Discus
3:30	Under 13 Girls	High Jump		
4:00	Under 13 Boys	Long Jump	Ladies	Shot
			Under 11 Mixed	Soft Javelin

**Any Non Counting races will immediately follow the counting event.
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CHESHIRE TRACK AND FIELD LEAGUE

TIMETABLE - ROUND 3

TRACK

1:00	Under 11 Girls	75m
1:00	Under 11 Boys	75m
1:15	Under 13 Girls	100m
1:30	Under 15 Girls	100m
1:40	Ladies	100m
1:50	Mens	100m
2:00	Mens	3000m
2:15	Ladies	3000m
2:30	Under 13 Boys	200m
2:40	Under 15 Boys	200m
2:50	Under 17 Boys	200m
3:00	Under 11 Girls	600m
3:00	Under 11 Boys	600m
3:15	Under 13 Girls	800m
3:30	Under 13 Boys	800m
3:45	Under 17 Boys	800m
4:00	Mens	800m
4:15	Under 15 Girls	1500m
4:30	Ladies	1500m
4:40	Under 15 Boys	1500m
4:50	Under 11 Girls	4x100 Relay
4:55	Under 11 Boys	4x100 Relay
5:00	Under 13 Boys	4x100m Relay
5:05	Under 15 Boys	4x100m Relay
5:10	Under 17 Boys	4x100m Relay
5:15	Under 13 Girls	4x100m Relay
5:20	Under 15 Girls	4x100m Relay
5:25	Ladies	4x100m Relay
5:30	Mens	4x100m Relay

FIELD

1:00	Under 13 Boys	High Jump	Under 17 Boys	Javelin
	Under 15 Boys	Long Jump		
1:30	Under 11's	Long Jump (Boys & Girls)		
1:45			Under 15 Girls	Shot
2:15	Men's	Triple Jump	Ladies	Discus
2:30	Under 15 Girls	High Jump		
3:00	Ladies	Long Jump	Under 13 Boys	Shot
3:00			Under 13 Girls	Javelin
3:15	Under 17 Boys	High Jump		
3:45			Under 15 Boys	Javelin
4:00	Under 13 Girls	Long Jump	Men's	Shot
			Under 11's	Soft Javelin

**Any Non Counting races will immediately follow the counting event.
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CHESHIRE TRACK AND FIELD LEAGUE

TIMETABLE - ROUND 4

TRACK

1:00	Under 11 Girls	75m
1:00	Under 11 Boys	75m
1:15	Under 13 Boys	100m
1:30	Under 15 Boys	100m
1:40	Under 17 Boys	100m
1:50	Mens	3000m
2:05	Ladies	3000m
2:20	Under 13 Girls	200m
2:30	Under 15 Girls	200m
2:40	Ladies	200m
2:50	Mens	200m
3:00	Under 11 Girls	600m
3:00	Under 11 Boys	600m
3:15	Under 13 Girls	800m
3:30	Under 15 Girls	800m
3:45	Ladies	800m
4:00	Under 15 Boys	800m
4:15	Under 13 Boys	1500m
4:30	Under 17 Boys	1500m
4:40	Mens	1500m
4:50	Under 11 Girls	4x100 Relay
4:55	Under 11 Boys	4x100 Relay
5:00	Under 13 Boys	4x100m Relay
5:05	Under 15 Boys	4x100m Relay
5:10	Under 17 Boys	4x100m Relay
5:15	Under 13 Girls	4x100m Relay
5:20	Under 15 Girls	4x100m Relay
5:25	Ladies	4x100m Relay
5:30	Mens	4x100m Relay

FIELD

1:00	Ladies	High Jump	Under 15 Girls	Discus
1:00	Mens	Long Jump		
1:30	Under 11's	Long Jump (Boys & Girls)		
1:45			Under 15 Boys	Shot
2:20	Under 17 Boys	Long Jump	Under 13 Boys	Javelin
2:30	Under 15 Boys	High Jump	Under 13 Girls	Shot
3:10	Under 15 Girls	Long Jump	Under 17 Boys	Discus
3:10			Men's	Shot
3:30	Under 13 Girls	High Jump		
4:00	Under 13 Boys	Long Jump	Ladies	Shot
4:00			Under 11 Mixed	Soft Javelin

**Any Non Counting races will immediately follow the counting event.
Non counters may enter field events only at the discretion of the field referee.**