

# 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	Mixed Men & Wome	3000m	*** 2012 AGM change
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	Triple 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		

**For U11 field events use two pools to assist in speeding up the event (2012 change)**

**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	
2:00	Mixed Men & Women	3000m	*** 2012 AGM change
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

12:30	Mens	Hammer	**** 2012 AGM Change	
1:00	Ladies	High Jump		
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			Under 15 Girls	Javelin**** 2012 AGM
3:30	Under 13 Girls	High Jump		
4:00	Under 13 Boys	Long Jump	Ladies	Shot
4:00	Under 11 Mixed	Soft Javelin		

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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	Mixed Men & Women	3000m	*** 2012 AGM change
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
4:00	Under 11 Mixed	Soft Javelin		

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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	
2:00	Mixed Men & Women	3000m	*** 2012 AGM change
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

12:30	Ladies	Hammer	**** 2012 AGM Change	
1:00	Ladies	High Jump		
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	Under 15 Girls	Discus **** 2012 AGM
4:00	Under 11 Mixed	Soft Javelin		

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