

Mid Lancs Track & Field League

Order of Events

2019

TRACK EVENTS

Track events start 12 noon (at both league and medal meetings) after which start times may not always be announced.

<i>Track Events</i>	<i>(not before)</i>				
100m	12 noon	U13G	U15G	U17W	SW
		U13B	U15B	U17M	SM
800m	12.45 pm	U13G	U15G	U17W	SW
		U13B	U15B	U17M	SM
400m	1.15 pm	SW	U15B	U17M	SM
300m – brought forward	1.40 pm	U17W	U15G		
1500m	2.00 pm	U13G	U15G	U17W	SW
		U13B	U15B	U17M	SM
200m	2.15 pm	SW	U17W	U15G	U13G
		SM	U17M	U15B	U13B
3000m – no team event	3.00 pm	U17W, SW, U17M, SM			
Relays at Mtgs 3, 4, 5 and medal meeting	3.15 pm				
4 x 100m		U13G	U15G	U17/SW	
		U13B	U15B	U17/SM	
4 x 400m		U17/SW, U17/SM			
Sprint hurdles at Mtgs 1, 3 and medal meeting	3.15 pm	U13G	U13B	U15G	U15B

FIELD EVENTS

At both League and Medal meetings, Hammer starts at 11 am, High Jump at 11.30, then Javelin, Shot, and Triple Jump at 12 noon and Long Jump and Discus from 12.30 pm.

Should there be a need to stop one of the long throws on safety grounds, the Javelin will continue and the Discus suspended until it is safe to resume.

Hammer	U15B+U17M+SM		U15G+U17W+SW				
Triple Jump	U17W+SW + U17M+SM						
Javelin	U17W+SW	U13B	U15B	U15G	U13G	SM	U17M
Shot	U13B	SM	U17M	U15B	U17W+SW	U15G	U13G
High Jump	U17W+SM	U15B	U17+SW	U13G	U15G	U13B	
Discus	U15G	U13B	SM	U17M	U17W+SW	U15B	U13G
Long Jump 1	U13G		U17W+SW		U15B		
Long Jump 2		U15G		U13B		U17M+SM	