

NB Double Header matches use the Premier timetables to allow for the additional number of teams taking part, especially given the additional field events timetabled and the possibility of non scoring athletes. Please make sure all your athletes are issued with the correct timetable as shown below.

UKYDL Double header timetable (LAG)

TRACK Timetable

Time	Event	M/F	
11:00	300mH	U16 Boys	
	300mH	U16 Girls	
11:35	1500m	U14 Girls	One Race
	1500m	U14 Boys	One Race
11:55	1500m	U16 Girls	One Race
	1500m	U16 Boys	One Race
12:20	100m	U14 Girls	
	100m	U14 Boys	
12:45	100m	U16 Girls	
	100m	U16 Boys	

Track Break - if time allows

13:35	75mH	U14 Girls	
13:50	80mH	U14 Boys	
14:00	80mH	U16 Girls	
14:15	100mH	U16 Boys	
14:30	300m	U16 Girls	
14:40	300m	U16 Boys	
14:50	200m	U14 Girls	
15:00	200m	U14 Boys	
15:10	200m	U16 Girls	
15:20	200m	U16 Boys	
15:35	800m	U16 Girls	
15:50	800m	U16 Boys	
16:05	800m	U14 Girls	
16:20	800m	U14 Boys	
16:40	4x100m	U16 Girls	
	4x100m	U16 Boys	
17:00	4x100m	U14 Boys	
	4x100m	U14 Girls	
17:20	4x300m	U16 Girls	
	4x300m	U16 Boys	

FIELD Timetable

Time	Event	M/F
10:15	Javelin	U16 Boys
	Long Jump	U16 Girls
11:05	Javelin	U16 Girls
	Long Jump	U16 Boys
	High Jump	U14 Girls
	Shot	U14 Boys
11:55	Javelin	U14 B & G
	Pole Vault	U16 B & G
12:30	Shot	U14 Girls
	High Jump	U14 Boys
12:45	Hammer	U16 Boys
13:35	Hammer	U14 B&G
	Shot	U16 Boys
	High Jump	U16 Girls
14:25	Hammer	U16 Girls
	Long Jump	U14 Boys
15:00	Shot	U16 Girls
15:15	Discus	U14 B & G
	High Jump	U16 Boys
	Pole Vault	U14 B & G
16:05	Discus	U16 Boys
	Long Jump	U14 Girls
16:50	Discus	U16 Girls

3 trials per athlete except vertical jumps

U16 B&G - 2 athletes per event

U14 B&G - PV, DT, HT, JT A string only. A & B string in all other events

Non-Scorers - up to 4 entries per sex, per age group. This can comprise of 4 track events or 3 track events plus one field event