

2011 McCAIN YOUNG ATHLETES LEAGUE -REVISED TIMETABLE FOR PREMIER & DIVN 1 MATCHES

| START TIMES BOLD GUIDE TIMES LIGHT | | | | | | | | | |
|--|------|-----------|--|----|---|---------|----|----|--|
| TIME | A/G | EVENT | MATCH 1 then MATCH 2 ["A" runners inside lanes "B" outside lanes] | | | | | | |
| | | | Match 1 | | | Match 2 | | | |
| 11.30 | U13G | 70m HDLS | 1 | 2 | 3 | 1X | 2X | 3X | |
| | U13B | 75m HDLS | 2 | 3 | 1 | 2X | 3X | 1X | |
| 11.45 | U15G | 75m HDLS | 3 | 1 | 2 | 3X | 1X | 2X | |
| | U17W | 80m HDLS | 3 | 1 | 2 | 3X | 1X | 2X | |
| 12.00 | U15B | 80m HDLS | 2 | 3 | 1 | 2X | 3X | 1X | |
| | U17M | 100m HDLS | 1 | 2 | 3 | 1X | 2X | 3X | |
| 12.20 | U13G | 800m | 1 | 2 | 3 | 1X | 2X | 3X | |
| | U13B | 800m | 2 | 3 | 1 | 2X | 3X | 1X | |
| 12.30 | U15G | 800m | 3 | 1 | 2 | 3X | 1X | 2X | |
| | U15B | 800m | 3 | 1 | 2 | 3X | 1X | 2X | |
| 12.45 | U17W | 800m | 2 | 3 | 1 | 2X | 3X | 1X | |
| | U17M | 800m | 1 | 2 | 3 | 1X | 2X | 3X | |
| 13.00 | U13G | 75m | 3 | 1 | 2 | 3X | 1X | 2X | |
| | U13B | 100m | 1 | 2 | 3 | 1X | 2X | 3X | |
| 13.10 | U15G | 100m | 2 | 3 | 1 | 2X | 3X | 1X | |
| | U15B | 100m | 3 | 1 | 2 | 3X | 1X | 2X | |
| 13.25 | U17W | 100m | 2 | 3 | 1 | 2X | 3X | 1X | |
| | U17M | 100m | 1 | 2 | 3 | 1X | 2X | 3X | |
| 13.40 | U17M | 3000m | BOTH MATCHES AND BOTH AGE GROUPS | | | | | | |
| | U17W | 3000m | | | | | | | |
| 14.00 | U17W | 300m HDLS | 3 | 1 | 2 | 3X | 1X | 2X | |
| 14.10 | U17M | 400m HDLS | 2 | 3 | 1 | 2X | 3X | 1X | |
| 14.25 | U13G | 150m | 1 | 2 | 3 | 1X | 2X | 3X | |
| | U13B | 200m | 2 | 3 | 1 | 2X | 3X | 1X | |
| 14.40 | U15G | 200m | 3 | 1 | 2 | 3X | 1X | 2X | |
| | U15B | 200m | 3 | 1 | 2 | 3X | 1X | 2X | |
| 14.55 | U17W | 200m | 2 | 3 | 1 | 2X | 3X | 1X | |
| | U17M | 200m | 1 | 3 | 2 | 1X | 3X | 2X | |
| BOTH MATCHES TOGETHER FOR 1200 AND 1500 | | | | | | | | | |
| 15.10 | U13G | 1200m | 1 | 1X | 2 | 2X | 3 | 3X | |
| | U13B | 1500m | 2 | 2X | 3 | 3X | 1 | 1X | |
| 15.25 | U15G | 1500m | 3 | 3X | 1 | 1X | 2 | 2X | |
| | U15B | 1500m | 3 | 3X | 1 | 1X | 2 | 2X | |
| 15.40 | U17W | 1500m | 2 | 2X | 3 | 3X | 1 | 1X | |
| | U17M | 1500m | 1 | 1X | 2 | 2X | 3 | 3X | |
| 2 LINES - 'CLUB B' ATHLETES BEHIND CLUB 'A' ATHLETES | | | | | | | | | |
| 15.55 | U17W | 300m | 1 | 2 | 3 | 1X | 2X | 3X | |
| 16.05 | U15B | 400m | 2 | 3 | 1 | 2X | 3X | 1X | |
| 16.15 | U17M | 400m | 3 | 1 | 2 | 3X | 1X | 2X | |
| RUN BOTH RELAY MATCHES TOGETHER | | | | | | | | | |
| 16.25 | U17W | 4 x 100m | 1 | 2 | 3 | 1X | 2X | 3X | |
| | U17M | 4 x 100m | 2 | 3 | 1 | 2X | 3X | 1X | |
| 16.35 | U15G | 4 x 100m | 3 | 1 | 2 | 3X | 1X | 2X | |
| | U15B | 4 x 100m | 3 | 1 | 2 | 3X | 1X | 2X | |
| 16.45 | U13G | 4 x 100m | 2 | 3 | 1 | 2X | 3X | 1X | |
| | U13B | 4 x 100m | 1 | 2 | 3 | 1X | 2X | 3X | |
| 16.55 | U17W | 4 x 300m | 2 | 3 | 1 | 2X | 3X | 1X | |
| 17.00 | U17M | 1500 S'ch | BOTH MATCHES | | | | | | |
| RUN BOTH RELAY MATCHES TOGETHER | | | | | | | | | |
| 17.15 | U15B | 4 x 400m | 3 | 1 | 2 | 3X | 1X | 2X | |
| | U17M | 4 x 400m | 2 | 3 | 1 | 2X | 3X | 1X | |

FIELD EVENTS: Match 1 round 1 followed by Match 2 round 1, etc. TRACK, run 3k, 1500, s'chase and relays MATCHES together.

DRAW NUMBER REFERS TO CLUBS AS LISTED UNDER-TEAMS TO BE LISTED IN PROGRAMME ORDER

| | MATCH 1 (Primary) |
|----|------------------------|
| 1 | PRIMARY HOST |
| 2 | |
| 3 | |
| | MATCH 2 (Secondary) |
| 1X | SECONDARY HOST |
| 2X | |
| 3X | |

FIELD EVENTS / Draw as per field cards

| TIME | A/G | EVENT | CLUB ON DUTY | | | | | |
|-------|------|-------------|--------------|---|---|----|----|----|
| | | | 1 | 2 | 3 | 1X | 2X | 3X |
| 11.30 | U15B | LONG JP | | 2 | | | | |
| 11.30 | U17M | HIGH JP | | | 3 | | | |
| 11.30 | U15B | HAMMER | | | | | 1X | |
| 12.15 | U17W | LONG JP | 1 | | | | | |
| 12.30 | U15B | SHOT | | | | | | 2X |
| 13.00 | U13G | LONG JP | | | | | | 3X |
| 13.00 | U15B | JAVELIN | | 2 | | | | |
| 13.30 | U13B | HIGH JUMP | | | 3 | | | |
| 13.30 | U15B | POLE VAULT | 1 | | | | | |
| 13.45 | U17W | SHOT | | | | | | 1X |
| 13.45 | U17M | LONG JP | | | | | | 2X |
| 14.15 | U15G | DISCUS | | 2 | | | | |
| 14.30 | U13B | SHOT | | | | | | 1X |
| 14.30 | U15G | LONG JP | | | | | | 3X |
| 15.15 | U15G | SHOT | | | | | | 1X |
| 15.15 | U13B | LONG JP | | | | | | 2X |
| 15.25 | U15B | DISCUS | 1 | | | | | |
| 15.30 | U15G | HIGH JUMP | | | 3 | | | |
| 16.00 | U17M | SHOT | | | | | | 3X |
| 16.30 | U17M | TRIPLE JUMP | | 2 | | | | |
| 16.35 | U15G | JAVELIN | 1 | | | | | |
| 16.45 | U13G | SHOT | | | | | | 3X |

OFFICIALS

Club officials need to SIGN IN *with their discipline chiefs* and give their level and number where appropriate. It is essential that they do this as 10 points are awarded for each official required - extra officials do not get points - the MINIMUM NUMBERS

POINT SCORES

These are awarded on a FIRST ACROSS THE LINE basis; "A" and "B" athletes are NOT ranked first. Points are 6,5,4,3,2,1 with 6 for 1st and 1 for 6th. FIELD CARDS should show athletes ranked 1 to 6 WITHIN THEIR MATCH

CHECK THAT ATHLETES WEAR NUMBER / LETTER AS DECLARED