

NB Double Header timetables are slightly longer than the main timetables to allow for the additional number of teams taking part. Please make sure all your athletes are issued with the correct timetable below, and not the one showing on the website or in the Handbook.



UK YOUTH DEVELOPMENT LEAGUE

TRACK Timetable				FIELD Timetable		
Time	Event	M/F		Time	Event	M/F
11:15	70m Hurdles	U13 Girls	A & B	11:00	Hammer	U15 B & G
	75m Hurdles	U13 Boys	A & B	11:30	Long Jump	U13 Boys
	75m Hurdles	U15 Girls	A & B	11:45	High Jump	U15 Girls
	80m Hurdles	U15 Boys	A & B		Shot	U13 Girls
12:00	150m	U13 Girls	A & B	12:15	Discus	U15 Boys
	150m	U13 Boys	A & B	12:50	Long Jump	U15 Girls
12:20	200m	U15 Girls	A & B	12:55	Discus	U15 Girls
	200m	U15 Boys	A & B	13:00	Pole Vault	U15 B & G
12:45	800m	U13 Girls	A & B and N/S		High Jump	U13 B & G
	800m	U13 Boys	A & B and N/S	13:15	Shot	U15 Boys
	800m	U15 Girls	A & B and N/S	13:45	Javelin	U15 Boys
	800m	U15 Boys	A & B and N/S	14:20	Long Jump	U13 Girls
Track Break - if time allows					High Jump	U15 Boys
13:45	75m	U13 Girls	A & B and N/S	14:30	Shot	U13 Boys
	75m	U13 Boys	A & B and N/S		Javelin	U15 Girls
14:15	100m	U15 Girls	A & B and N/S	15:15	Javelin	U13 Boys
	100m	U15 Boys	A & B and N/S	15:30	Long Jump	U15 Boys
14:45	300m	U15 Girls	A & B		Shot	U15 Girls
	300m	U15 Boys	A & B	16:00	Javelin	U13 Girls
15:05	1500m	U15 Girls	One Race	3 trials per athlete except vertical jumps		
	1500m	U15 Boys	One Race			
15:25	1200m	U13 Girls	One Race			
	1200m	U13 Boys	One Race			
15:55	4x100m	U15 Girls	One Race			
	4x100m	U15 Boys	One Race			
	4x100m	U13 Boys	One Race			
	4x100m	U13 Girls	One Race			
16:25	4x300m	U15 Girls	One Race			
	4x300m	U15 Boys	One Race			