

LINCOLNSHIRE TRACK AND FIELD LEAGUE 2016

MATCH 1 SUNDAY 3rd APRIL 2016

TOMMY CLAY TRACK, PRSA, BOSTON

Track Programme (Report to starter's assistant 10 minutes prior to event)

| Time | Event | Category |
|-------------|-----------------|---|
| 11.00am | 70m hurdles | U13 girls |
| | 1500m | U13 boys |
| | 75m hurdles | U13 boys, U15 girls |
| | 1500m | U13 girls |
| | 80m hurdles | U17 women, U15 boys |
| | 1500m | U15 girls |
| | 100m hurdles | U20 & senior women, U17 men |
| | 1500m | U15 boys |
| | 110m hurdles | U20 & senior men |
| 12.30pm | 4 x 100m relays | Races for all categories, from U13 boys & girls to senior men and women |
| 12.45pm | 1500m | U17, U20 & senior women |
| | 1500m | U17, U20 & senior men |
| 1.10pm | 300m | U15 boys, U17 women |
| 1.15pm | 400m | U17, U20 & senior men |
| | 400m | U20 & senior women |
| 1.30pm | 80m ** | U11 boys & girls |
| | 100m | U13 boys & girls |
| | 100m | U15 boys & girls |
| | 100m | U17, U20 & senior women |
| | 100m | U17, U20 & senior men |
| 2.30pm | 600m ** | U11 boys & girls |
| 2.40pm | 3000m | U15 boys & girls |
| | 3000m | U17, U20 & senior men U17, U20 & senior women |
| 3.20pm | 200m | U13 boys & girls |
| | 200m | U15 boys & girls |
| | 200m | U17, U20 & senior women |
| | 200m | U17, U20 & senior men |
| 3.50pm | 150m ** | U11 boys & girls |
| 4.00pm | 800m | U13 boys & girls |
| | 800m | U15 boys & girls |
| | 800m | U17, U20 & senior women |
| | 800m | U17, U20 & senior men |

** U11 boys & girls Quadrathlon; combine a run, a jump & a throw plus one other event. The Quadrathlon is a non-scoring event but the winning boy and girl will be presented with a trophy at match 2. The individual events within the quadrathlon will score points as normal.