

LINCOLNSHIRE TRACK AND FIELD LEAGUE 2016

MATCH 3 SUNDAY 10th JULY 2016

SOUTH KESTIVEN STADIUM GRANTHAM

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 |
| 12 noon | 80m hurdles | U17 women, U15 boys ** |
| | 1500m | U15 girls ** |
| | 100m hurdles | U20 & senior women, U17 men |
| | 1500m | U15 boys ** |
| | 110m hurdles | U20 & senior men |
| | 1500m | U17, U20 & senior women |
| | 1500m | U17, U20 & senior men |
| 1.05pm | 300m | U15 boys **, U17 women |
| | 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 |
| 2.10pm | 600m | U11 boys & girls |
| 2.20pm | 1500m steeplechase CC | U17, U20 & senior women |
| 2.30pm | 1500m steeplechase CC | U17 men |
| 2.40pm | 2000m steeplechase CC | U20 men |
| 2.55pm | 3000m steeplechase CC | Senior men |
| 3.15pm | 200m | U13 boys & girls |
| | 200m | U15 boys ** & girls ** |
| | 200m | U17, U20 & senior women |
| | 200m | U17, U20 & senior men |
| 3.55pm | 800m | U13 boys & girls |
| | 800m | U15 boys ** & girls ** |
| | 800m | U17, U20 & senior women |
| | 800m | U17, U20 & senior men |
| | 4 x 100m relay (non counting) | Mixed and all age groups |

** U15 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 4. The individual events within the Quadrathlon will score points as normal.

CC are County Championship events and will not score points for the Lincs League