

Mid Lancs Track & Field League

Order of Events

2018

TRACK EVENTS

Track events start 12 noon (at both league and medal meetings) after which start times may not always be announced.

| | | | | | |
|--|---------------------|----------------|------|--------|------|
| Track Events | (not before) | | | | |
| 100m | 12 noon | U13G | U15G | U17W | SW |
| | | U13B | U15B | U17M | SM |
| 800m | 12.45 pm | U13G | U15G | U17W | SW |
| | | U13B | U15B | U17M | SM |
| 400m | 1.15 pm | SW | U15B | U17M | SM |
| 1500m | 1.40 pm | U13G | U15G | U17W | SW |
| | | U13B | U15B | U17M | SM |
| 300m | 2.00 pm | U17W | U15G | | |
| 200m | 2.15 pm | SW | U17W | U15G | U13G |
| | | SM | U17M | U15B | U13B |
| 3000m | 3.00 pm | All U15+ | | | |
| Relays at Mtgs 3, 4, 5 and medal meeting | 3.15 pm | | | | |
| 4 x 100m | | U13G | U15G | U17/SW | |
| | | U13B | U15B | U17/SM | |
| 4 x 400m | | U17/SW, U17/SM | | | |
| Sprint hurdles at Mtgs 1, 2 and medal meeting | 3.15 pm | U13G | U13B | U15G | U15B |

FIELD EVENTS

At both League and Medal meetings, Hammer starts at 11 am, High Jump at 11.30, then Javelin, Shot, and Triple Jump at 12 noon and Long Jump and Discus from 12.30 pm.

Should there be a need to stop one of the long throws on safety grounds, the Javelin will continue and the Discus suspended until it is safe to resume.

| | | | | | | | |
|--------------------|----------------|------|--------------|------|--------|--------|------|
| Hammer | U15B/U17M/SM | | U15G/U17W/SW | | | | |
| Triple Jump | U17/SW, U17/SM | | | | | | |
| Javelin | U17/SW | U13B | U15B | U15G | U13G | SM | U17M |
| Shot | U13B | SM | U17M | U15B | U17/SW | U15G | U13G |
| High Jump | U17/SM | U15B | U17/SW | U13G | U15G | U13B | |
| Discus | U15G | U13B | SM | U17M | U17/SW | U15B | U13G |
| Long Jump 1 | U13G | | U17/SW | | U15B | | |
| Long Jump 2 | | U15G | | U13B | | U17/SM | |