

CHESHIRE TRACK AND FIELD LEAGUE

ROUND 1

Any Non Counting races will immediately follow the counting event.

Each group of track events have a start time for each group

	TRACK			FIELD	
11:45	Men & Women	3000m			
			12:00	Senior & U17 Women	Triple Jump
			12:00	U15 Boys	Discus
12:15	U11 Girls	75m	12:15	U13 Boys	High Jump
	U11 Boys	75m			
	U13 Girls	100m			
	U15 Girls	100m	12:45	U11 Girls	Javelin
	Senior & U17 Women	100m	12:50	U15 Girls	Shot
	Senior & U17 Men	100m	13:00	U11 Boys	Long Jump
			13:00	U13 Girls	Discus
13:40	U15 Boys	200m	13:40	Senior & U17 Men	Javelin
	U13 Boys	200m	13:50	U15 Girls	High Jump
14:00	U11 Girls	600m	14:00	U15 Boys	Long Jump
	U11 Boys	600m	14:10	U13 Boys	Shot
14:20	U13 Girls	800m			
	U13 Boys	800m	14:35	U13 Girls	Long Jump
			14:35	Senior & U17 Women	Javelin
	Senior & U17 Men	800m			
	U15 Girls	800m	15:05	Senior & U17 Men	High Jump
			15:05	U11 Boys	Javelin
15:20	Senior & U17 Women	1500m	15:20	U11 Girls	Long Jump
	U15 Boys	1500m			
15:50	U13 Girls	4x100m Relay			
15:55	U13 Boys	4x100m Relay			
16:00	U11 Boys	4x100m Relay			
16:10	U15 Girls	4x100m Relay			
16:15	U11 Girls	4x100m Relay			
16:20	U15 Boys	4x100m Relay			
16:25	U17 Women	4x100m Relay			
16:30	U17 Men	4x100m Relay			
16:35	Senior Women	4x100m Relay			
16:40	Senior Men	4x100m Relay			

<u>Field Team</u>	<u>Field Team</u>	<u>Field Team</u>
6 Teams	7 Teams	8 Teams
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
1	7	7
2	1	8
3	2	1
4	3	2
5	4	3
6	5	4
1	6	5
2	7	6
3 and 4	1 and 2	7
5 and 6	3 and 4	8

CHESHIRE TRACK AND FIELD LEAGUE

ROUND 2

Any Non Counting races will immediately follow the counting event.

Each group of track events have a start time for each group

TRACK			FIELD		
11:45	Men & Women	3000m			
			12:00	Senior & U17 Women	High Jump
			12:00	Senior & U17 Men	Hammer
			12:00	U15 Girls	Long Jump
12:15	U11 Girls	150m			
	U11 Boys	150m			
	U13 Boys	100m			
	U15 Boys	100m	12:45	U11 Boys	Javelin
			12:55	U11 Girls	Long Jump
			12:55	U15 Boys	Shot
13:15	U13 Girls	200m	13:15	U13 Boys	Discus
	U15 Girls	200m	13:25	U15 Boys	High Jump
	Senior & U17 Men	200m			
	Senior & U17 Women	200m	13:45	U13 Girls	Shot
14:00	U11 Girls	600m	14:00	Senior & U17 Men	Long Jump
			14:00	U15 Girls	Javelin
	U11 Boys	600m			
14:20	U13 Girls	1200m			
			14:35	U13 Boys	Long jump
	U15 Boys	800m	14:35	U13 Girls	High Jump
	Senior & U17 Women	800m			
15:05	U15 Girls	1500m	15:05	U11 Girls	Javelin
	U13 Boys	1500m	15:20	U11 Boys	Long Jump
			15:20	Senior & U17	Women Shot
	Senior & U17 Men	1500m			
15:50	U13 Girls	4x100m Relay			
15:55	U15 Boys	4x100m Relay			
16:00	U11 Girls	4x100m Relay			
16:10	U15 Girls	4x100m Relay			
16:15	U11 Boys	4x100m Relay			
16:20	U13 Boys	4x100m Relay			
16:25	U17 Women	4x100m Relay			
16:30	U17 Men	4x100m Relay			
16:35	Senior Women	4x400m Relay			
16:40	Senior Men	4x400m Relay			

<u>Field Team</u>	<u>Field Team</u>	<u>Field Team</u>
6 Teams	7 Teams	8 Teams
3	3	3
4	4	4
5	5	5
6	6	6
1	7	7
2	1	8
3	2	1
4	3	2
5	4	3
6	5	4
1	6	5
2	7	6
3	1	7
4 and 5	2 and 3	8
6 and 1	4 and 5	1
2	6	2

CHESHIRE TRACK AND FIELD LEAGUE

ROUND 3

Any Non Counting races will immediately follow the counting event.

Each group of track events have a start time for each group

TRACK			FIELD		
11:45	Men & Women	3000m			
			12:00	U13 Boys	High Jump
			12:00	Senior & U17 Women	Discus
			12:00	Senior & U17 Men	Triple Jump
12:15	U11 Girls	75m			
	U11 Boys	75m			
	U13 Girls	100m	12:30	U11 Boys	Long Jump
	U15 Girls	100m	12:40	U11 Girls	Javelin
	Senior & U17 Women	100m	12:50	U15 Girls	Shot
	Senior & U17 Men	100m			
			13:10	U15 Boys	Long Jump
13:40	U13 Boys	200m	13:40	U13 Girls	Javelin
	U15 Boys	200m	13:50	U15 Girls	High Jump
14:00	U11 Girls	600m	14:00	Senior & U17 Women	Long Jump
			14:00	U13 Boys	Shot
	U11 Boys	600m	14:10	U15 Boys	Javelin
14:20	U13 Girls	800m			
	U13 Boys	800m	14:35	U13 Girls	Long Jump
	Senior & U17 Men	800m			
	U15 Girls	800m	15:05	U11 Boys	Javelin
15:20	Senior & U17 Women	1500m	15:20	U11 Girls	Long Jump
			15:20	Senior & U17 Men	Shot
	U15 Boys	1500m			
15:50	U13 Girls	4x100m Relay			
15:55	U13 Boys	4x100m Relay			
16:00	U11 Boys	4x100m Relay			
16:10	U15 Girls	4x100m Relay			
16:15	U11 Girls	4x100m Relay			
16:20	U15 Boys	4x100m Relay			
16:25	U17 Women	4x100m Relay			
16:30	U17 Men	4x100m Relay			
16:35	Senior Women	4x100m Relay			
16:40	Senior Men	4x100m Relay			

<u>Field Team</u>	<u>Field Team</u>	<u>Field Team</u>
6 Teams	7 Teams	8 Teams
5	5	5
6	6	6
1	7	7
2	1	8
3	2	1
4	3	2
5	4	3
6	5	4
1	6	5
2	7	6
3	1	7
4	2	8
5	3	1
6 and 1	4 and 5	2
2 and 3	6 and 7	3
4	1	4

CHESHIRE TRACK AND FIELD LEAGUE

ROUND 4

Any Non Counting races will immediately follow the counting event.

Each group of track events have a start time for each group

TRACK			FIELD		
11:45	Men & Women	3000m			
			12:00	U13 Girls	High Jump
			12:00	Senior & U17 Women	Hammer
			12:00	Senior & U17 Men	Long Jump
12:15	U11 Girls	150m			
	U11 Boys	150m			
	U13 Boys	100m			
	U15 Boys	100m	12:45	U11 Girls	Long Jump
			12:55	U11 Boys	Javelin
			13:00	U15 Boys	High Jump
13:15	U13 Girls	200m	13:15	U13 Boys	Javelin
	U15 Girls	200m	13:25	U13 Girls	Shot
	Senior & U17 Men	200m	13:35		
	Senior & U17 Women	200m	13:45	U15 Girls	Long Jump
14:00	U11 Girls	600m	14:00	Senior & U17 Men	Discus
	U11 Boys	600m	14:10	Senior & U17 Women	High Jump
			14:10	U15 Boys	Shot
14:20	U13 Girls	1200m			
14:35	U15 Boys	800m	14:35	U13 Boys	Long Jump
	Senior & U17 Women	800m	14:50	U15 Girls	Discus
15:05	Senior & U17 Men	1500m	15:05	U11 Girls	Javelin
	U13 Boys	1500m	15:20	U11 Boys	Long Jump
	U15 Girls	1500m			
15:50	U13 Girls	4x100m Relay			
15:55	U15 Boys	4x100m Relay			
16:00	U11 Girls	4x100m Relay			
16:10	U11 Boys	4x100m Relay			
16:15	U13 Boys	4x100m Relay			
16:20	U15 Girls	4x100m Relay			
16:25	U17 Women	4x100m Relay			
16:30	U17 Men	4x100m Relay			
16:35	Senior Women	4x400m Relay			
16:40	Senior Men	4x4100m Relay			

<u>Field Team</u>	<u>Field Team</u>	<u>Field Team</u>
6 Teams	7 Teams	8 Teams
6	7	8
5	5	7
4	6	6
3	3	5
2	4	4
1	2	3
6	1	2
5	7	1
4	5	8
3	6	7
2	3	6
1	4	5
6	2	4
5 and 4	1 and 7	3
3 and 2	6 and 5	2
1	4	1

If Teams 7 or 8 are present at the match there officials need to assist the other teams.

Field referees will allocate those duties