

## Lincolnshire Track & Field League

Matches 2 & 4 April 27<sup>th</sup> & August 17<sup>th</sup> 2008

### Track Programme

ALL hurdlers need to report 30mins before the 1<sup>st</sup> race.

All other events report 10mins before the time stated.

|       |   |
|-------|---|
| 11.30 | 300m H U/17 Women   |
| 11.35 | 400m H U/20, Sen & Vet Women                                      |
| 11.45 | 400M H U/17Men, U/20 Men, Sen & Vet Men                           |
| 11.55 | 1500m U/13 Boys   |
| 12.05 | 1500m U/13 Girls  |
| 12.15 | 1500m U/15 Girls  |
| 12.25 | 1500m U/15 Boys   |
| 12.35 | 1500m U/17Women, U/20 Women, Sen & Vet Women                      |
| 12.50 | 1500m U/17Men, U/20 Men, Sen & Vet Men                            |
| 1.00  | 300m U/17 Women   |
| 1.05  | 400m U/17 Men, U/20 Men   |
| 1.10  | 400m U/20 Women, Sen & Vet Women                                  |
| 1.15  | 400m U/20 Men, Sen & Vet Men                                      |
| 1.20  | 80m U/11 Girls & U/11 Boys  |
| 1.30  | 100m U/13 Girls, U/13 Boys  |
| 1.45  | 100m U/15 Girls, U/15 Boys  |
| 1.55  | 100m U/17 Women, U/20 Women, Sen & Vet Women                      |
| 2.10  | 100m U/17 Men, U/20 Men, Sen & Vet Men                            |
| 2.25  | 600m U/11 Girls & U/11 Boys                                       |
| *2.35 | 3000m U/15 Girls, U/15 Boys, U/17 Women                           |
| *2.50 | 1500m S/Chase U/17 Men, U/20, Sen & Vet Men & Women               |
| 3.05  | 200m U/13 Girls, U/13 Boys  |
| 3.20  | 200m U/15 Girls, U/15 Boys  |
| 3.35  | 200m U/17 Women, U/20 Women, Sen & Vet Women                      |
| 3.50  | 200m U/17 Men, U/20 Men, Sen & Vet Men                            |
| 4.05  | 800m U/13 Girls, U/13 Boys  |
| 4.20  | 800m U/15 Girls, U/15 Boys  |
| 4.35  | 800m U/17 Women, U/20 Women, Sen & Vet Women                      |
| 4.50  | 800m U/17 Men, U/20 Men, Sen & Vet Men                            |
| 5.05  | 4 x 200m U/13 Girls, U/13 Boys, U/15 Girls, U/15 Boys, U/17 Women |
| 5.25  | 4 x 400m U/17 Men, U/20, Sen & Vet Men & Women                    |

### \* Match 4

10.30 10000m County Champs U/20, Sen & Vet Men

2.30 5000m County Champs replaces 3000m U/15 B & G, U/17W and 1500m  
Stp/Chase