

Lincolnshire Track & Field League

Matches 1 & 3 April 19th & July 12th 2009

Track Programme

ALL Hurdlers need to report to the Marksman 30mins before the 1st race

All other competitors need to report 10mins before the time stated

11.30	70mH U/13 Girls
11.35	1500m U/13 Boys
11.45	75mH U/13Boys, U/15 Girls
11.50	1500m U/13 Girls
12.00	80mH U/17 Women, U/15 Boys
12.05	1500m U/15 Girls
12.15	100mH U/20/Sen/Vet Women, U/17Men
12.20	1500m U/15 Boys
12.30	110mH U/20, Sen/Vet Men
12.45	4 x 100m U/13 Girls, U/13 Boys, U/15 Girls, U/15 Boys
1.00	4 x 100m U/17 Women, U/17 Men, U/20 Men & Women, Sen/Vet M & W
1.20	1500m U/17 Women, U/20 Women, Sen/Vet Women
1.30	1500m U/17 Men, U/20 Men, Sen/Vet Men
1.40	300m U/17 Women
1.45	400m U/17 Men, U/20 Men
1.50	400m U/20 Women, Sen/Vet Women
1.55	400m Sen/Vet Men
2.00	80m U/11 Girls, U/11 Boys
2.10	100m U/13 Girls, U/13 Boys
2.25	100m U/15 Girls, U/15 Boys
2.35	100m U/17 Women, U/20 Women, Sen/Vet Women
2.50	100m U/17 Men, U/20 Men, Sen/Vet Men
3.05	600m U/11 Girls, U/11 Boys
3.15	3000m U/15 Girls, U/15 Boys
3.30	3000m U/17/U/20/Sen/Vet Men & Women
3.50	200m U/13 Girls, U/13 Boys
4.05	200m U/15 Girls, U/15 Boys
4.20	200m U/17 Women, U/20 Women, Sen/Vet Women
4.30	200m U/17 Men, U/20 Men, Sen/Vet Men
4.45	* 800m U/13 Girls, U/13 Boys
5.00	800m U/15 Girls, U/15 Boys
5.15	800m U/17 Women, U/20 Women, Sen/Vet Women
5.25	800m U/17 Men, U/20 Men, Sen/Vet Men

***Match 3 Lincs. U/13B & U/13G Triathlon Championships**