

# Lincolnshire Track & Field League 2010

Match 1 - 28<sup>th</sup> March 2010

Match 3 - 11<sup>th</sup> July 2010

## Track Programme

ALL Hurdlers need to report to the Marksman 30mins before the 1<sup>st</sup> race  
All other competitors need to report 10mins before the time stated

11.00	70mH U/13 Girls
11.05	75mH U/13Boys, U/15 Girls
11.10	80mH U/17 Women, U/15 Boys
11.15	100mH U/20/Sen/Vet Women, U/17Men
11.20	110mH U/20, Sen/Vet Men
11.25	800m U/13 Girls, U/13 Boys
11.35	800m U/15 Girls, U/15 Boys
11.45	800m U/17 Women, U/20 Women, Sen/Vet Women
11.55	800m U/17 Men, U/20 Men, Sen/Vet Men
12.05	4 x 100m U/13 Girls, U/13 Boys, U/15 Girls, U/15 Boys
12.15	4 x 100m U/17 Women, U/17 Men, U/20 Men & Women, Sen/VetM & W
12.25	300m U/17 Women
12.30	400m U/17 Men, U/20 Men
12.35	400m U/20 Women, Sen/Vet Women
12.40	400m Sen/Vet Men
12.45	1500m S/Chase U/17 Men, U/20, Sen & Vet Men & Women
1.00	80m U/11 Girls, U/11 Boys
1.05	100m U/13 Girls, U/13 Boys
1.15	100m U/15 Girls, U/15 Boys
1.30	100mU/17 Women, U/20 Women, Sen/Vet Women
1.35	100mU/17 Men, U/20 Men, Sen/Vet Men
1.55	600m U/11 Girls, U/11 Boys
2.10	3000m U/15 Girls, U/15 Boys
2.10	3000m U/17/U/20/Sen/Vet Men & Women
2.25	200m U/13 Girls, U/13 Boys
3.05	200m U/15 Girls, U15 Boys
3.20	200m U/17 Women, U/20 Women, Sen/Vet Women
3.30	200m U/17 Men, U/20 Men, Sen/Vet Men
3.40	1500m U/13 Boys
3.50	1500mU/13 Girls
4.00	1500m U/15 Boys
4.10	1500m U/15 Girls
4.20	1500m U/17 Women, U/20 Women, Sen/VetWomen
4.30	1500m U/17 Men, U/20 Men, Sen/Vet Men