

# Lincolnshire Track & Field League 2010

Match 2 - 18<sup>th</sup> April 2010  
Match 4 - 5<sup>th</sup> September 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
11.00	300m H U/17 Women
11.05	400m H U/20, Sen & Vet Women
11.15	400M H U/17Men, U/20 Men, Sen & Vet Men
11.25	1500m U/13 Boys
11.35	1500m U/13 Girls
11.45	1500m U/15 Girls
11.55	1500m U/15 Boys
12.05	1500m U/17Women, U/20 Women, Sen & Vet Women
12.20	1500m U/17Men, U/20 Men, Sen & Vet Men
12.30	300m U/17 Women
12.35	400m U/17 Men, U/20 Men
12.40	400m U/20 Women, Sen & Vet Women
12.45	400m U/20 Men, Sen & Vet Men
12.50	80m U/11 Girls & U/11 Boys
1.00	100m U/13 Girls, U/13 Boys
1.15	100m U/15 Girls, U/15 Boys
1.25	100m U/17 Women, U/20 Women, Sen & Vet Women
1.40	100m U/17 Men, U/20 Men, Sen & Vet Men
1.55	600m U/11 Girls & U/11 Boys
*2.05	3000m U/15 Girls, U/15 Boys, U/17 Women
*2.20	1500m S/Chase U/17 Men, U/20, Sen & Vet Men & Women
2.35	200m U/13 Girls, U/13 Boys
2.50	200m U/15 Girls, U/15 Boys
3.05	200m U/17 Women, U/20 Women, Sen & Vet Women
3.15	200m U/17 Men, U/20 Men, Sen & Vet Men
3.20	800m U/13 Girls, U/13 Boys
3.35	800m U/15 Girls, U/15 Boys
3.50	800m U/17 Women, U/20 Women, Sen & Vet Women
4.05	800m U/17 Men, U/20 Men, Sen & Vet Men
4.20	4 x 200m U/13 Girls, U/13 Boys, U/15 Girls, U/15 Boys, U/17 Women
4.30	4 x 400m U/17 Men, U/20, Sen & Vet Men & Women

### \* Match 4

10.00	10000m County Champs U/20, Sen & Vet Men
2.05	5000m County Champs replaces 3000m and 1500m S/Chase