**RUGBY and NORTHAMPTON AC**

**YOUNG ATHLETES MEETING PROVISIONAL TIMETABLE**

Venue – Rugby track – Bruce Williams Way, CV225LJ

Date – Saturday 5th September

PLEASE NOTE – ALL TIMINGS ARE APPROXIMATE

TIMETABLE – SESSION 1 – U11 – TRIATHLON – **ALL ATHLETES DO 75m, 600m and long jump**

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| Time | Year Group | Event |
| 10-30 till 11-10 | 4 (new school years) | 600m |
| 10-30 till 11-10 | 5 | 75m |
| 10-30 till 11-10 | 6 | Long jump |

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| --- | --- | --- |
| Time | Year Group | Event |
| 11-10 till 11-50 | 4 | 75m |
| 11-10 till 11-50 | 5 | Long jump |
| 11-10 till 11-50 | 6 | 600m |

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| --- | --- | --- |
| Time | Year Group | Event |
| 11-50 – 12-30 | 4 | Long jump |
| 11-50 – 12-30 | 5 | 600m |
| 11-50 – 12-30 | 6 | 75m |

SESSION 2 – U13 and U15 – 1-30 onwards

PLEASE NOTE – ALL TIMINGS ARE APPROXIMATE

FIELD

|  |  |  |
| --- | --- | --- |
| Time | Age Group | Event |
| 1-30 | U13 and U15 boys and girls | Shot |
| 1-30 | U13 and U15 boys | Long jump |
| 2-30 | U13 and U15 boys and girls | Javelin |
| 3-30 | U13 and U15 girls | Long jump |
| 4-30 | U13 and U15 boys and girls | Discus |
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| Time | Age Group | Event |
| 1-30 | U13 girls ONLY | 70m hurdles |
| 1-40 | U13 boys | 1500m |
| 1-50 | U13 boys | 75m hurdles |
| 2-00 | U15 girls | 75m hurdles |
| 2-10 | U13 girls | 1500m |
| 2-20 | U15 boys | 80m hurdles |
| 2-30 | U15 boys | 1500m |
| 2-40 | U15 girls | 1500m |
| 2-50 | U13 and U15 | 100m races |
| 3-30 | U13 and U15 | 800m |
| 3-50 | U13 and u15 | 200m |
| 4 -20 | U15 | 300m |
|  |  |  |

U13 – current Yr 7 and Yr 8 – new school years September 1st

U15 – current Yr 9 and Yr 10