

TRACK & FIELD INTER-INSULAR
6TH and 7TH SEPTEMBER 2008 (IN GUERNSEY)
UNDER 11, UNDER 15, SENIOR

Time	U-11	U-15	Senior
13.00	High jump	Long jump Hammer	400mH Hammer
13.15		800m	800m
13.30		100m	100m
13.45		High jump Javelin	Long Jump Javelin
13.55	600m		
14.00			5000m
14.25			400m
14.35		400m (boys)	
14.50	Sprint Hurdles		
15.00		Shot Triple Jump	Shot High jump
15.05		Sprint Hurdles	Sprint Hurdles
15.20	Long Jump		
15.40	Cricket Ball	200m Discus	200m Discus Triple jump
16.00	60m		
16.10		1500m	1500m
16.25			4 x 100m
16.30		4 x 100m	
16.35	4 x 75m		
16.45			3000m S/c (Men)
17.00			4 x 400m

UNDER 13 & UNDER 17 (7th SEPTEMBER)

Time	U-13	U-17
11.30	High Jump	400mH (men) 300mH (women) Hammer High Jump
11.45	200m	200m
12.00	1500m Javelin	1500m Javelin
12.30	Shot Long Jump	400m (men) 300m (women) Shot Long Jump
13.00	Sprint Hurdles	Sprint Hurdles
13.30	Discus	Discus Triple Jump
13.45	100m	100m
14.00		3000m (men)
14.15	800m	800m
14.35	4 x 100m	4 x 100m
14.45		4 x 400m (men)

Changes based on UKA rule 107...

*I have removed the 400m for U13 boys and neither girls nor boys are able to run this event.

*Triple Jump for U15 girls has also been added to the program.

*Technically U17 Girls can run 400m however I have left the U17 Girls event as 300m (which is also the event run at the County Champs)

Just to for confirmation purposes....

*No U13 or U15 Boy or Girl is allowed under UKA rules to compete in both the 800 and 1500m in the same day, this used to be just girls but also affects boys now.

* Maximum number of events that any U13, U15 or U17 is allowed to compete in any one day is 4 events, one of which must be a relay. Max 5 Event for U20's.