McCain Northern Ireland Young Athletes' League

25th July 2009 Antrim Forum

9.30 HAMMER FOR Under 15 and Under 17 BOYS & GIRLS

10.00 - 10.15 TEAM AND OFFICIALS DECLARATION

10.15 High Jump U13M and U13 C

T1	10.30	400mH	17Y			Javelin	17Y	Long Jump	15B	Shot Putt	17I
T3	10.44	300mH	17I								
T5	10.51	150m	13M								
T7	10.58	200m	13C								
T9	11.05	200m	15J								
T11	11.12	200m	15B			Discus	15B				
T13	11.19	200m	17I								
T15	11.26	200m	17Y					Long Jump	17I	Shot Putt	13M
T17	11.33	800m	13M	High Jump	15B						
T18	11.40	800m	13C								
T19	11.47	800m	15J								
T20	11.54	800m	15B					Triple Jump	17Y		
T21	12.01	800m	17I			Javelin	15J				
T22	12.08	800m	17Y								
T23	12.15	70mH	13M			Discus	17Y	Long Jump	13C	Shot Putt	15J
T25	12.22	3000m	17Y	High Jump	17I						
T26	12.32	75mH	13C								
T28	12.39	75mH	15J								
T30	12.46	3000m	17I								
T31	12.56	80mH	17I								
T33	1.03	80mH	15B								
T35	1.10	100mH	17Y								
				Lunch Break							
T37	1.40	1200m	13M	High Jump	15J	Javelin	17I	Long Jump	13M	Shot Putt	15B
T38	1.47	400m	15B								
T40	1.54	400m	17Y								
T42	2.01	300m	17I			Discus	15J	Triple Jump	17I		
T44	2.08	75m	13M								
T46	2.15	100m	13C								
T48	2.22	100m	15J					Long Jump	17Y	Shot Putt	13C
T50	2.29	100m	15B								
T52	2.36	100m	17I	High Jump	17Y	Javelin	15B				
T54	2.43	100m	17Y								
T56	2.50	1500m	13C								
T57	2.58	1500m	15J								
T58	3.06	1500m	15B			Discus	17I				
T59	3.14	1500m	17I					Long Jump	15J	Shot Putt	17Y
T60	3.22	1500m	17Y								
T61	3.30	4X100m	13M	**Team Managers please be aware that Medals will be presented shortly**							
T62	3.38	4X100m	13C	**after each event (<u>both track & field</u>). So would you make sure that your**							
T63	3.46	4X100m	15J	**athlete is available for this and if not please make sure that a club**							
T64	3.54	4X100m	15B	**representative is there to receive it for them.**							
T65	4.04	4X100m	17I								
T66	4.12	4X100m	17Y	**U13 and U15 boys and girls can only compete in ONE of the 800m,1200m,1500m**							
T67	4.20	1500ms/c	17Y	**races on the same day(i.e. only one middle race on competition day)**							
T68	4.32	4x300m	17I								
T69	4.40	4x400m	15B	**In all sprint races there will be separate A and B races**							
T70	4.48	4x400m	17Y	**In the races between 800m and 3000m races- A and B athletes will run together.**							