



## Team NL YDL 2019 Trials & NL Club Challenge Championship

Sunday 24th March 2019, Greenfaulds High School, Cumbernauld

### Timetable of Events (Provisional) (note: as always times are approximate)

Track			Field		
Time			Time		
10.00 am	U13 G	70m H	10.00	U11G	Long Jump
10.10 am	U13 B	75m H		U13G	Shot
10.20 am	U15 G	75m H		U13G/ U13B	High Jump
10.30 am	U15 B/ U17 W	80m H	10.45	U11 B	Long Jump
10.40 am	U17 M/ U20M	100m H/ 110m H			
10:50 am	U13 G	150m	11:00	U15G/ U17W/ U20W	Shot
11:00 am	U13 B	200m		U13G	Long Jump
11:10 am	U15 G	200m		U15/ U17/U20 B&G	High Jump
11.20 am	U15 B	200m	11.45	U13B	Long Jump
11.25 am	U17 W	200m			
11.30 am	U17 M	200m			
11.35 am	U20 W	200m	12.00	U13B/U15B/U17M/U20	Shot
11.40 am	U20 M	200m		U15G	Long Jump
11.45 am	U11 B	600m			
11.50 am	U11 G	600m			
12:00 pm	U13 G	800m			
12:05 pm	U13 B	800m			
12:10 pm	U15 G	800m			
12:15 pm	U15 B	800m			
12:20 pm	U17/ U20 W	800m			
12:25 pm	U17/ U20 M	800m			
<b>12.30 pm – 13.15 pm Lunch</b>					
13.15 pm	U11 G	75m	13.15	U13 / U15/ U20 B&G	Javelin
13.30 pm	U11 B	75m		U17W/ U20W	Long Jump
13.45 pm	U13 G	75m	13.45	U15B/ U17M/ U20M	Long Jump
14:00 pm	U13 B	100m			
14.10 pm	U15 G	100m			
14.20 pm	U15 B	100m	14.15	U15G/ U17M	Hammer
14.30 pm	U17W	100m		U15 B&G	Discus
14.45 pm	U20 W	100m			
14.50 pm	U17 M	100m			
14.55 pm	U20 M	100m			
15.00 pm	U13 G	1200m			
15.10 pm	U15 G	300m			
15.15 pm	U15 B	300m			
15.20 pm	All Ages	1500m			

**NOTE: B&G = Boys and Girls**

**FIELD EVENTS – 3 Trials per athlete.**