

INTERTRUST TRACK & FIELD INTER-INSULAR
11TH and 12TH SEPTEMBER 2010
GARENNE STAND, FOOTES LANE, GUERNSEY

UNDER 11, UNDER 15, SENIOR

(Male & Female in separate events unless noted)

Time	U-11	U-15	Senior
12.00	High jump	Long jump Hammer	400mH Hammer
12.15		800m	800m
12.30		100m	100m
12.45		High jump Javelin	Long Jump Javelin
12.55	600m		
13.00			5000m (one race)
13.25			400m
13.35		400m (boys)	
13.50	Sprint Hurdles		
14.00		Shot Triple Jump	Shot High jump
14.05		Sprint Hurdles	Sprint Hurdles
14.20	Long Jump		
14.40	Cricket Ball	200m Discus	200m Discus Triple jump
15.00	60m		
15.10		1500m	1500m
15.25			4 x 100m
15.30		4 x 100m	
15.35	4 x 75m		
15.45			3000m S/c (Men)
16.00			4 x 400m

UNDER 13 & UNDER 17 (12th SEPTEMBER)

Time	U-13	U-17
12.30	High Jump	400mH (men) 300mH (women) Hammer High Jump
12.45	200m	200m
13.00	1500m Javelin	1500m Javelin
13.30	Shot Long Jump	400m (men) 300m (women) Shot Long Jump
14.00	Sprint Hurdles	Sprint Hurdles
14.30	Discus	Discus Triple Jump
14.45	100m	100m
15.00		3000m (men)
15.15	800m	800m
15.35	4 x 100m	4 x 100m
15.45		4 x 400m (men)

UKA rule 107...

*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 effects 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.