

Notts Mini-League Track and Field

Newark Stadium

Sunday 16 July 2023
Permit No. OUT 23/591

Ref	Track starts at 10:00	Start Time	Ref	Officiating Club
T1	U13 Girls 70m Hurdles	10:00	F1	U11 Boys High Jump Worksop
T2	U13 Boys 75m Hurdles	10:00	F2	U13 Girls Javelin Rushcliffe
T3	U15 Girls 75m Hurdles	10:00	F3	U13 Boys Shot Put Mansfield and Notts
T4	U15 Boys 80m Hurdles	10:00	F4	U15 Girls Long Jump Newark and Retford
T5	U11 Girls 80m	10:00	F5	U15 Boys Long Jump Sutton
T6	U11 Boys 80m	11:15	F6	U11 Girls High Jump Worksop
T7	U13 Girls 100m	11:15	F7	U11 Boys Chest Push Newark and Retford
T8	U13 Boys 100m	11:15	F8	U13 Girls Shot Put Sutton
T9	U15 Girls 100m	11:15	F9	U13 Boys Long Jump Mansfield and Notts
T10	U15 Boys 100m	11:15	F10	U15 Girls/U15 Boys Javelin Rushcliffe
T11	U9 Girls 50m	12:30	F11	U11 Girls Chest Push Mansfield and Notts
T12	U9 Boys 50m	12:30	F12	U13 Girls Long Jump Rushcliffe
T13	U13 Boys 1500m	12:30	F13	U13 Boys/U15 Boys High Jump Worksop
T14	U15 Girls 1500m	12:30	F14	U15 Girls/U15 Boys Discus Sutton
T15	U15 Boys 1500m			
T16	U15 Girls 300m			
T17	U15 Boys 300m			
T18	U11 Girls 600m			
T19	U11 Boys 600m			
T20	U13 Girls 200m			
T21	U13 Boys 200m			
T22	U15 Girls 200m			
T23	U15 Boys 200m			
T24	U11 Girls 150m			
T25	U11 Boys 150m			
T26	U13 Girls 1200m			
T27	U13 Girls 800m			
T28	U13 Boys 800m			
T29	U15 Girls 800m			
T30	U15 Boys 800m			
T31	U11 Girls 4 x 100m Relay			
T32	U11 Boys 4 x 100m Relay			
T33	U13 Girls 4 x 100m Relay			
T34	U13 Boys 4 x 100m Relay			
T35	U15 Girls 4 x 100m Relay			
T36	U15 Boys 4 x 100m Relay			

15 minutes before the scheduled start time athletes should keep a watch for the officials arriving at an event.

They should then head over to register, mark out run ups and warm up

Some events show two different age categories against the event.

These will be run as a combined event but count as separate events for point scoring purposes.

The exception is the Long Jump which will jump into two different pits.

Athletes may enter a maximum of 3 events plus a relay.

An athlete can only enter the 800m or 1200m/1500m not both.

An U15 athlete can enter a maximum of 2 out of the 100m/200m/300m.

Maximum spike length is 6mm