

Norfolk Schools Athletics Association Championships Timetable 2019 – Saturday 8th June

Junior Boys/Girls JB/JG – Years 8 and 9

Intermediate Boys/Girls – Years 10/11

Senior Boys/Girls – Years 12 /13

Track Timetable

11.00am

T1. Inter Girls 300m Hurdles Final

T2 Inter Boys 400m Hurdles Final

T3 Senior Boys 400m Hurdles Final

11.15am

T4. Junior Girls 100m 2 Heats

T5 . Junior Boys 100m 3 Heats

T6. Inter Girls 100m 2 Heats

T7. Inter Boys 100m 2 Heats

11.50am

T8. Junior Girls 300m 2 Heats

T9. Junior Boys 300m 2 Heats

T10. Inter Girls 300m 2 Heats

12.05pm

T11. Inter Boys 400m 2 Heats

T12 Senior Girls 400m Final

T13. Senior Boys 400m Final

12.20pm

T14. Junior Girls 800m Final

T15. Junior Boys 800m Final

T16. Inter/Senior Girls 800m Final

T17. Inter Boys 800m Final

T18. Senior Boys 800m Final

1.20pm

T19. Junior Girls 100m Final

T20. Junior Boys 100m Final

T21. Inter Girls 100m Final

T22. Inter Boys 100m Final

T23. Senior Boys 100m Final

Field Timetable

10.30am

F1. Hammer All ages

F2. Pole Vault All ages

F3 High Jump Junior Boys

11.00am

F4. Discus Junior Boys

11.30am

F5. Long Jump Inter/Senior Boys

F6. Javelin Junior Girls

F7. High Jump Inter/Senior Girls

12.30pm

F8. Javelin Junior Boys

F9. Shot Putt Inter/Senior Boys

F10. Long Jump Junior Girls

1.30pm

F11. High Jump Junior Girls

F12 Triple Jump JB IB SB – All boys

F13 Discus JG IG SG -All girls

Track timetable continued**1.50pm**

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|------------------------|-------|
| T24. Junior Girls 300m | Final |
| T25. Inter Girls 300m | Final |
| T26. Junior Boys 300m | Final |
| T27. Inter Boys 400m | Final |

2.15pm

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| T28. Inter/Senior Girls 3000m | Final |
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2.17pm

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| T29. Inter/Senior Boys 3000m | Final |
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2.30pm

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|------------------------|---------|
| T30. Junior Girls 200m | 2 Heats |
| T31. Junior Boys 200m | 2 Heats |
| T32. Inter Girls 200m | 2 Heats |
| T33. Inter Boys 200m | 2 Heats |

3.10pm

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|--------------------------------|-------|
| T34. Junior Girls 1500m | Final |
| T35. Junior Boys 1500m | Final |
| T36. Inter/ Senior Girls 1500m | Final |
| T37. Inter/Senior Boys 1500m | Final |

3.55pm

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| T38. Junior Girls 75m Hurdles | Final |
| T39. Inter Girls 80m Hurdles | Final |
| T40. Junior Boys 80m Hurdles | Final |
| T41. Senior Girls 100m Hurdles | Final |
| T42. Inter Boys 100m Hurdles | Final |

4.30pm

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|------------------------|-------|
| T43. Junior Girls 200m | Final |
| T44. Junior Boys 200m | Final |
| T45. Inter Girls 200m | Final |
| T46. Inter Boys 200m | Final |
| T47. Senior Boys 200m | Final |

5.00pm

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|--------------------------------------|-------|
| T48. Senior Girls 1500m Steeplechase | Final |
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Field Timetable Continued**2.30pm**

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| F14. Javelin | Inter/Senior Girls |
| F15. Triple Jump | Inter/Senior Girls |
| F16. High Jump | Inter/Senior Boys |

3.30pm

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|----------------|----------------------|
| F17. Shot Putt | JG IG SG – All girls |
| F18. Javelin | Inter/Senior Boys |
| F19. Long Jump | Junior Boys |

4.15pm

| | |
|----------------|--------------------|
| F20. Discus | Inter/Senior Boys |
| F21 Long Jump | Inter/Senior Girls |
| F22. Shot Putt | Junior Boys |

Track and Field Arrangements

If 2 Heats then first 2 and 4 fastest losers

If 3 Heats then first 2 and 2 fastest losers

Please note – If there are insufficient runners for heats then a straight final will be run at the time of the heat

In the field events each athlete will qualify for 4 jumps or 4 throws.

