

# Heart of England League Programme

Revised for 2018

Event No	Time	Event	Age	Non Scoring
<b>Track Events</b>				
1	11.45	1500m	U13 Female	
4	11.55	1500m	U15 Female	
7	12.05	1500m	U17 F/Women	
11	12.15	70m hurdles	U13 Female	
12	12.20	800m	U13 Male	
13	12.30	75m hurdles	U15 Female	
15	12.35	75m hurdles	U13 Male	
16	12.40	800m	U15 Male	
18	12.50	800m	U17 Men	
19	1.00	80m hurdles (U17)	U17 Female	
20	1.05	80m hurdles	U15 Male	
25	1.15	800m	U13 Female	
26	1.25	800m	U15 Female	
27	1.35	100m hurdles	U17 Men	
28	1.40	800m	U17 F/Women	
29	1.50	600m	U11 Female	
30	1.55	600m	U11 Female	NS
33	2.00	600m	U11 Male	
34	2.05	600m	U11 Male	NS
35	2.10	100m	U13 Female	
36	2.15	100m	U15 Female	
40	2.20	100m	U17 F/Women	
41	2.25	100m	U13 Male	
42	2.30	100m	U15 Male	
43	2.35	100m	U17 Men	
50	2.40	300m	U15 Female	
51	2.45	300m	U17 F/Women	
55	2.55	300m	U15 Male	
57	3.00	400m	U17 Men	
58	3.10	75m	U11 Female	
59	3.15	75m	U11 Female	NS
61	3.20	75m	U11 Male	
62	3.25	75m	U11 Male	NS
63	3.35	200m	U13 Female	
68	3.40	200m	U15 Female	
69	3.45	200m	U17 F/Women	
70	3.50	200m	U13 Male	
71	3.55	200m	U15 Male	
72	4.00	200m	U17 Men	
73	4.20	1500m	U13 Male	
76	4.30	1500m	U15 Male	
80	4.40	1500m	U17 Men	
81	4.50	4 x 100m Mixed	U11 Fem/Male	NS
82	4.55	4 x 100m	U13 Female	
83	5.00	4 x 100m	U15 Female	
84	5.05	4 x 100m	U17 F/Women	
85	5.10	4 x 100m	U13 Male	
86	5.15	4 x 100m	U15 Male	
87	5.20	4 x 100m	U17 Men	

Event No	Time	Event	Age	Comment
<b>Field Events</b>				
2	11.45	Howler	U11 Male	
3	11.45	Howler	U11 Female	
5	12.00	High Jump	U13 Male	
6	12.00	Long Jump	U15 Male	Pit 2
8	12.15	Shot	U17 Men	
9	12.15	Discus	U15 Female	Match 2
10	12.15	Javelin (U17)	U17 Female	Match 1 & 3
14	12.30	Long Jump	U11 Male	Pit 1
17	12.55	High Jump	U15 Female	
21	1.00	Long Jump	U15 Female	Pit 2
22	1.00	Shot	U15 Male	
23	1.00	Discus	U17 Men	Match 2
24	1.00	Javelin	U13 Male	Match 1 & 3
31	1.40	High Jump	U13 Female	
32	1.30	Long Jump	U17 Men	Pit1
37	1.50	Shot (U17)	U17 Female	
38	1.50	Discus	U13 Female	Match 2
39	1.50	Javelin	U15 Male	Match 1 & 3
44	2.10	Long Jump	U11 Female	Pit 2
45	2.25	High Jump	U15 Male	
52	2.40	Shot	U13 Male	
53	2.40	Discus (U17)	U17 Female	Match 2
54	2.40	Javelin	U15 Female	Match 1 & 3
56	2.50	Long Jump	U13 Female	Pit 1
60	3.10	High Jump	U17 F/Women	
64	3.20	Long Jump	U13 Male	Pit 2
65	3.30	Shot	U13 Female	
66	3.30	Discus	U15 Male	Match 2
67	3.30	Javelin	U17 Men	Match 1 & 3
74	4.10	High Jump	U17 Men	
75	4.00	Long Jump	U17 F/Women	Pit1
77	4.20	Shot	U15 Female	
78	4.20	Discus	U13 Male	Match 2
79	4.20	Javelin	U13 Female	Match 1 & 3
<b>Guests - Non Scoring</b>				
88	11.45	1500m	U13 Female	
89	11.55	1500m	U15 Female	
90	12.05	1500m	U17 F/Women	
91	12.20	800m	U13 Male	
92	12.40	800m	U15 Male	
93	12.50	800m	U17 Men	
94	1.15	800m	U13 Female	
95	1.25	800m	U15 Female	
96	1.40	800m	U17 F/Women	
97	4.20	1500m	U13 Male	
98	4.30	1500m	U15 Male	
99	4.40	1500m	U17 Men	
		<b>No of Trials</b>	<b>Long Jump - 2 Pits required</b>	
<b>Jumps</b>		3		
<b>Discus</b>		3		
<b>Javelin</b>		3		
<b>Shot</b>		3		
<b>High Jump - A String only</b>				
<b>Opening Heights</b>				
		<b>Male</b>	<b>Female</b>	
<b>U13</b>		1.10m	1.00m	
<b>U15</b>		1.20m	1.10m	
<b>U17</b>		1.30m	1.20m	

# Heart of England League Programme by Age Group

Revised for 2018

Event			Event		
No	Time	Event	No	Time	Event
		<b><u>U11 Female</u></b>			<b><u>U11 Male</u></b>
3	11.45	Howler	2	11.45	Howler
29	1.50	600m	14	12.30	Long Jump Pit 1
30	1.55	600m NS	33	2.00	600m
44	2.10	Long Jump Pit 2	34	2.05	600m NS
58	3.10	75m	61	3.20	75m
59	3.15	75m NS	62	3.25	75m NS
81	4.50	4 x 100m Mixed NS	81	4.50	4 x 100m Mixed NS
		<b><u>U13 Female</u></b>			<b><u>U13 Male</u></b>
1	11.45	1500m	5	12.00	High Jump
11	12.15	70m hurdles	12	12.20	800m
25	1.15	800m	15	12.35	75m hurdles
31	1.40	High Jump	24	1.00	Javelin Match 1 & 3
35	2.10	100m	41	2.25	100m
38	1.50	Discus Match 2	52	2.40	Shot
56	2.50	Long Jump Pit 1	64	3.20	Long Jump Pit 2
63	3.35	200m	70	3.50	200m
65	3.30	Shot	73	4.20	1500m
79	4.20	Javelin Match 1 & 3	78	4.20	Discus Match 2
82	4.55	4 x 100m	85	5.10	4 x 100m
		<b><u>U15 Female</u></b>			<b><u>U15 Male</u></b>
4	11.55	1500m	6	12.00	Long Jump Pit 2
9	12.15	Discus Match 2	16	12.40	800m
13	12.30	75m hurdles	20	1.05	80m hurdles
17	12.55	High Jump	22	1.00	Shot
21	1.00	Long Jump Pit 2	39	1.50	Javelin Match 1 & 3
26	1.25	800m	42	2.30	100m
36	2.15	100m	45	2.25	High Jump
50	2.40	300m	55	2.55	300m
54	2.40	Javelin Match 1 & 3	66	3.30	Discus Match 2
68	3.40	200m	71	3.55	200m
77	4.20	Shot	76	4.30	1500m
83	5.00	4 x 100m	86	5.15	4 x 100m
		<b><u>U17 F/Women</u></b>			<b><u>U17 Men</u></b>
7	12.05	1500m	8	12.15	Shot
10	12.15	Javelin (U17) Match 1 & 3	18	12.50	800m
19	1.00	80m hurdles (U17)	23	1.00	Discus Match 2
28	1.40	800m	27	1.35	100m hurdles
37	1.50	Shot (U17)	32	1.30	Long Jump Pit1
40	2.20	100m	43	2.35	100m
51	2.45	300m	57	3.00	400m
53	2.40	Discus (U17) Match 2	67	3.30	Javelin Match 1 & 3
60	3.10	High Jump	72	4.00	200m
69	3.45	200m	74	4.10	High Jump
75	4.00	Long Jump Pit1	80	4.40	1500m
84	5.05	4 x 100m	87	5.20	4 x 100m
		<b><u>Guests - Non Scoring</u></b>			
		<b><u>Female</u></b>			<b><u>Male</u></b>
88	11.45	1500m U13 Female	91	12.20	800m U13 Male
89	11.55	1500m U15 Female	92	12.40	800m U15 Male
90	12.05	1500m U17 F/Women	93	12.50	800m U17 Men
94	1.15	800m U13 Female	97	4.20	1500m U13 Male
95	1.25	800m U15 Female	98	4.30	1500m U15 Male
96	1.40	800m U17 F/Women	99	4.40	1500m U17 Men