

**NSAA - County Track and Field Championships - Gateshead International Stadium - Sat 11 June 2016**

**Track Event Timetable**

no	time	age	event	hts/F	no	time	age	event	hts/F
T1	10:30	SB	2000 metres S/C	F	T57	15:45	JG	200 metres	F
T2		IB	1500 metres S/C	F	T58	15:48	JB	200 metres	F
T3	11:00	SB	400 metres Hurdles	F	T59	15:51	IG	200 metres	F
T4		IB	400 metres Hurdles	F	T60	15:55	IB	200 metres	F
T5		SG	400 metres Hurdles	F					
T6		IG	300 metres Hurdles	F					
T7	11:05	SB	3000 metres	F					
T8		IB	3000 metres	F	no	time	age	event	F
T9	11:20	IG	3000 metres	F	F1	11:00	JB	Hammer	F
T10		SG	3000 metres	F	F2		JG	Hammer	F
T11	11:35	JG	75 metres Hurdles	2	F3		IB	Hammer	F
T12	11:40	JG	800 metres	F	F4		IG	Hammer	F
T13	11:45	IG	80 metres Hurdles	2	F5		SB	Hammer	F
T14	11:50	JB	800 metres	F	F6		SG	Hammer	F
T15	11:55	JB	80 metres Hurdles	F	F7		JG	High Jump	F
T16	12:00	IG	800 metres	F	F8	11:15	IG	Long Jump	F
T17		SG	800 metres	F	F9		SG	Long Jump	F
T18	12:05	SG	100 metres Hurdles	F	F10		IB	Triple Jump	F
T19	12:10	IB	100 metres Hurdles	F	F11		SB	Triple Jump	F
T20	12:15	IB	800 metres	F	F12		IG	Shot	F
T21	12:20	SB	800 metres	F	F13		SG	Shot	F
T22	12:25	SB	110 metres Hurdles	F	F14		IB	Javelin	F
T23	12:30	JG	100 metres	2	F15		SB	Javelin	F
T24	12:35	JB	100 metres	2	F16	12:00	JB	High Jump	F
T25	12:40	IG	100 metres	2	F17		IB	Discus	F
T26	12:45	IB	100 metres	2	F18		SB	Discus	F
T27	12:50	SG	100 metres	F	F19	12:30	JG	Long Jump	F
T28	12:55	SB	100 metres	F	F20		IG	Triple Jump	F
T29	13:00	JB	300 metres	2	F21		SG	Triple Jump	F
T30	13:05	IB	400 metres	2	F22		JB	Shot	F
T31	13:10	SG	400 metres	F	F23		IG	Javelin	F
T32	13:15	SB	400 metres	F	F24		SG	Javelin	F
T33	13:20	IG	300 metres	2	F25	13:00	JB	Discus	F
T34	13:25	JB	1500 metres	F	F26	13:15	IG	High Jump	F
T35	13:35	IB	100 metres Hurdles	F	F27		SG	High Jump	F
T36	13:40	JB	80 metres Hurdles	F	F28	13:30	IB	Long Jump	F
T37	13:45	IG	80 metres Hurdles	F	F29		SB	Long Jump	F
T38	13:50	JG	75 metres Hurdles	F	F30		JB	Triple Jump	F
T39	13:55	JG	1500 metres	F	F31		JB	Pole Vault	F
T40	14:05	JG	200 metres	2	F32		JG	Shot	F
T41	14:10	JB	200 metres	2	F33		JG	Javelin	F
T42	14:15	IG	200 metres	2	F34	14:00	IG	Discus	F
T43	14:20	IB	200 metres	2	F35		SG	Discus	F
T44	14:25	SB	200 metres	F	F36	14:30	IB	High Jump	F
T45	14:30	SG	200 metres	F	F37		SB	High Jump	F
T46	14:40	SG	1500 metres	F	F38		JB	Long Jump	F
T47		SB	1500 metres	F	F39		IB	Pole Vault	F
T48	14:50	JG	100 metres	F	F40		SB	Pole Vault	F
T49	14:54	JB	100 metres	F	F41		SG	Pole Vault	F
T50	14:58	IG	100 metres	F	F42	14:30	IB	Shot	F
T51	15:02	IB	100 metres	F	F43		SB	Shot	F
T52	15:10	IG	1500 metres	F	F44		JB	Javelin	F
T53	15:20	IB	1500 metres	F	F45	15:00	JG	Discus	F
T54	15:30	JB	300 metres	F					
T55	15:35	IB	400 metres	F					
T56	15:40	IG	300 metres	F					

**NUMBERS MUST BE WORN FRONT & BACK ON TRACK**

**THE FIRST 4 IN A FINAL SHOULD REPORT TO THE COUNTY TEAM MANAGERS**

**THE FIRST 3 IN A FINAL WILL BE GIVEN A CERTIFICATE ON COMPLETION**