

Heart of England League Programme

Revised for 2019

Event No	Time	Event	Age	Comment
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Track Events

1	11.45	1500m	U13 Female	
4	11.55	1500m	U15 Female	
7	12.05	1500m	U17/U20 Female	
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	U17/20 Male	
19	1.00	80m hurdles	U17 Female	U17s only
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 Male	U17s only
28	1.40	800m	U17/U20 Female	
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/U20 Female	
41	2.25	100m	U13 Male	
42	2.30	100m	U15 Male	
43	2.35	100m	U17/20 Male	

Field Events

5	U13 Male	High Jump	11.30	
2	U11 Male	Howler	11.45	
3	U11 Female	Howler	11.45	
6	U15 Male	Long Jump	12.00	Pit 2
8	U17 Male	Shot	12.15	U17s only
9	U15 Female	Discus	12.15	Match 1 & 3
10	U17 Female	Javelin	12.15	U17s only :
14	U11 Male	Long Jump	12.30	Pit 1
17	U15 Female	High Jump	12.30	
21	U15 Female	Long Jump	1.00	Pit 2
22	U15 Male	Shot	1.00	
23	U17 Male	Discus	1.00	U17s only :
24	U13 Male	Javelin	1.00	Match 2
31	U13 Female	High Jump	1.30	
32	U17 Male	Long Jump	1.30	Pit1
37	U17 Female	Shot	1.50	U17s only
38	U13 Female	Discus	1.50	Match 1 & 3
39	U15 Male	Javelin	1.50	Match 2
44	U11 Female	Long Jump	2.10	Pit 2
45	U15 Male	High Jump	2.30	
52	U13 Male	Shot	2.40	
53	U17 Female	Discus	2.40	U17s only :
54	U15 Female	Javelin	2.40	Match 2
56	U13 Female	Long Jump	2.50	Pit 1
60	U17/U20 Female	High Jump	3.20	

50	2.40	300m	U15 Female	
51	2.45	300m	U17/U20 Female	
55	2.55	300m	U15 Male	
57	3.00	400m	U17/20 Male	
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/U20 Female	
70	3.50	200m	U13 Male	
71	3.55	200m	U15 Male	
72	4.00	200m	U17/20 Male	
73	4.20	1500m	U13 Male	
76	4.30	1500m	U15 Male	
80	4.40	1500m	U17/20 Male	
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/U20 Female	
85	5.10	4 x 100m	U13 Male	
86	5.15	4 x 100m	U15 Male	
87	5.20	4 x 100m	U17/20 Male	

64	U13 Male	Long Jump	3.20	Pit 2
65	U13 Female	Shot	3.30	
66	U15 Male	Discus	3.30	Match 1 & 3
67	U17 Male	Javelin	3.30	U17s only :
74	U17 Male	High Jump	4.10	
75	U17/U20 Female	Long Jump	4.00	Pit1
77	U15 Female	Shot	4.20	
78	U13 Male	Discus	4.20	Match 1 & 3
79	U13 Female	Javelin	4.20	Match 2
	No of Trials			
Long	3	2 Pits required		
Discus	3			
Javelin	3			
Shot	3			
High				
	Opening Heights			
	Female	Male		
U13	1.00m	1.10m		
U15	1.10m	1.20m		
U17	1.20m	1.30m		