

## 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		

Event No	Time	Event	Age	Non Scoring	
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	

Event No	Time	Event	Age	Comment
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	NS
89	11.55	1500m	U15 Female	NS
90	12.05	1500m	U17 F/Women	NS
91	12.20	800m	U13 Male	NS
92	12.40	800m	U15 Male	NS
93	12.50	800m	U17 Men	NS
94	1.15	800m	U13 Female	NS
95	1.25	800m	U15 Female	NS
96	1.40	800m	U17 F/Women	NS

Event No	Time	Event	Age	Comment
97	4.20	1500m	U13 Male	NS
98	4.30	1500m	U15 Male	NS
99	4.40	1500m	U17 Men	NS
		No of Trials		
Jumps		3	Long Jump	
Discus		3	- 2 Pits required	
Javelin		3		
Shot		3		
	High Jump			
	Opening Heights			
	Male	Female		
U13	1.10m	1.00m		
U15	1.20m	1.10m		
U17	1.30m	1.20m		

### Heart of England League Programme by Age Group Revised for 2018

Event No	Time	Event	
		U11 Female	
3	11.45	Howler	
29	1.50	600m	
30	1.55	600m NS	
44	2.10	Long Jump Pit 2	
58	3.10	75m	
59	3.15	75m NS	
81	4.50	4 x 100m Mixed NS	
		U13 Female	
1	11.45	1500m	
11	12.15	70m hurdles	
25	1.15	800m	
31	1.40	High Jump	

35	2.10	100m	
38	1.50	Discus Match 2	
56	2.50	Long Jump Pit 1	
63	3.35	200m	
65	3.30	Shot	
79	4.20	Javelin Match 1 & 3	
82	4.55	4 x 100m	
		U15 Female	
4	11.55	1500m	
9	12.15	Discus Match 2	
13	12.30	75m hurdles	
17	12.55	High Jump	
21	1.00	Long Jump Pit 2	
26	1.25	800m	
36	2.15	100m	
50	2.40	300m	
54	2.40	Javelin Match 1 & 3	
68	3.40	200m	
77	4.20	Shot	
83	5.00	4 x 100m	
		U17 F/Women	
7	12.05	1500m	
10	12.15	Javelin (U17) Match 1 & 3	
19	1.00	80m hurdles (U17)	
28	1.40	800m	
37	1.50	Shot (U17)	
40	2.20	100m	
51	2.45	300m	
53	2.40	Discus (U17) Match 2	
60	3.10	High Jump	
69	3.45	200m	
75	4.00	Long Jump Pit1	
84	5.05	4 x 100m	
		Guests - Non Scoring	
		Female	

88	11.45	1500m U13 Female	
89	11.55	1500m U15 Female	
90	12.05	1500m U17 F/Women	
94	1.15	800m U13 Female	
95	1.25	800m U15 Female	
96	1.40	800m U17 F/Women	

Event No	Time	Event
		U11 Male
2	11.45	Howler
14	12.30	Long Jump Pit 1
33	2.00	600m
34	2.05	600m NS
61	3.20	75m
62	3.25	75m NS
81	4.50	4 x 100m Mixed NS
		U13 Male
5	12.00	High Jump
12	12.20	800m
15	12.35	75m hurdles
24	1.00	Javelin Match 1 & 3
41	2.25	100m
52	2.40	Shot
64	3.20	Long Jump Pit 2
70	3.50	200m
73	4.20	1500m
78	4.20	Discus Match 2
85	5.10	4 x 100m
		U15 Male
6	12.00	Long Jump Pit 2
16	12.40	800m
20	1.05	80m hurdles
22	1.00	Shot
39	1.50	Javelin Match 1 & 3
42	2.30	100m

45	2.25	High Jump
55	2.55	300m
66	3.30	Discus Match 2
71	3.55	200m
76	4.30	1500m
86	5.15	4 x 100m
		U17 Men
8	12.15	Shot
18	12.50	800m
23	1.00	Discus Match 2
27	1.35	100m hurdles
32	1.30	Long Jump Pit1
43	2.35	100m
57	3.00	400m
67	3.30	Javelin Match 1 & 3
72	4.00	200m
74	4.10	High Jump
80	4.40	1500m
87	5.20	4 x 100m
		Male
91	12.20	800m U13 Male
92	12.40	800m U15 Male
93	12.50	800m U17 Men
97	4.20	1500m U13 Male
98	4.30	1500m U15 Male
99	4.40	1500m U17 Men

Event No's - In Order of Time						
Event No	Time	Event	Age	Comment		Event
1	11.45	1500m	U13 Female		1500m	
2	11.45	Howler	U11 Male		Howler	

Event No's - In Order of Time						
3	11.45	Howler	U11 Female		Howler	
4	11.55	1500m	U15 Female		1500m	
5	12.00	High Jump	U13 Male		High Jump	
6	12.00	Long Jump	U15 Male	Pit 2	Long Jump Pit 2	
7	12.05	1500m	U17 F/Women		1500m	
8	12.15	Shot	U17 Men		Shot	
9	12.15	Discus	U15 Female	Match 2	Discus Match 2	
10	12.15	Javelin (U17)	U17 Female	Match1 & 3	Javelin (U17) Match 1 & 3	
11	12.15	70m hurdles	U13 Female		70m hurdles	
12	12.20	800m	U13 Male		800m	
13	12.30	75m hurdles	U15 Female		75m hurdles	
14	12.30	Long Jump	U11 Male	Pit 1	Long Jump Pit 1	
15	12.35	75m hurdles	U13 Male		75m hurdles	
16	12.40	800m	U15 Male		800m	
17	12.55	High Jump	U15 Female		High Jump	
18	12.50	800m	U17 Men		800m	
19	1.00	80m hurdles (U17)	U17 Female		80m hurdles (U17)	
20	1.05	80m hurdles	U15 Male		80m hurdles	
21	1.00	Long Jump	U15 Female	Pit 2	Long Jump Pit 2	
22	1.00	Shot	U15 Male		Shot	
23	1.00	Discus	U17 Men	Match 2	Discus Match 2	
24	1.00	Javelin	U13 Male	Match 1 & 3	Javelin Match 1 & 3	
25	1.15	800m	U13 Female		800m	
26	1.25	800m	U15 Female		800m	
27	1.35	100m hurdles	U17 Men		100m hurdles	
28	1.40	800m	U17 F/Women		800m	
29	1.50	600m	U11 Female		600m	
30	1.55	600m	U11 Female	NS	600m NS	
31	1.40	High Jump	U13 Female		High Jump	
32	1.30	Long Jump	U17 Men	Pit1	Long Jump Pit1	
33	2.00	600m	U11 Male		600m	



Event No's - In Order of Time						
34	2.05	600m	U11 Male	NS	600m NS	
35	2.10	100m	U13 Female		100m	
36	2.15	100m	U15 Female		100m	
37	1.50	Shot (U17)	U17 Female		Shot (U17)	
38	1.50	Discus	U13 Female	Match 2	Discus Match 2	
39	1.50	Javelin	U15 Male	Match 1 & 3	Javelin Match 1 & 3	
40	2.20	100m	U17 F/Women		100m	
41	2.25	100m	U13 Male		100m	
42	2.30	100m	U15 Male		100m	
43	2.35	100m	U17 Men		100m	
44	2.10	Long Jump	U11 Female	Pit 2	Long Jump Pit 2	
45	2.25	High Jump	U15 Male		High Jump	
46	#N/A	#N/A	#N/A	#N/A	#N/A	
47	#N/A	#N/A	#N/A	#N/A	#N/A	
48	#N/A	#N/A	#N/A	#N/A	#N/A	
49	#N/A	#N/A	#N/A	#N/A	#N/A	
50	2.40	300m	U15 Female		300m	
51	2.45	300m	U17 F/Women		300m	
52	2.40	Shot	U13 Male		Shot	
53	2.40	Discus (U17)	U17 Female	Match 2	Discus (U17) Match 2	
54	2.40	Javelin	U15 Female	Match 1 & 3	Javelin Match 1 & 3	
55	2.55	300m	U15 Male		300m	
56	2.50	Long Jump	U13 Female	Pit 1	Long Jump Pit 1	
57	3.00	400m	U17 Men		400m	
58	3.10	75m	U11 Female		75m	
59	3.15	75m	U11 Female	NS	75m NS	
60	3.10	High Jump	U17 F/Women		High Jump	
61	3.20	75m	U11 Male		75m	
62	3.25	75m	U11 Male	NS	75m NS	
63	3.35	200m	U13 Female		200m	
64	3.20	Long Jump	U13 Male	Pit 2	Long Jump Pit 2	

Event No's - In Order of Time						
65	3.30	Shot	U13 Female		Shot	
66	3.30	Discus	U15 Male	Match 2	Discus Match 2	
67	3.30	Javelin	U17 Men	Match 1 & 3	Javelin Match 1 & 3	
68	3.40	200m	U15 Female		200m	
69	3.45	200m	U17 F/Women		200m	
70	3.50	200m	U13 Male		200m	
71	3.55	200m	U15 Male		200m	
72	4.00	200m	U17 Men		200m	
73	4.20	1500m	U13 Male		1500m	
74	4.10	High Jump	U17 Men		High Jump	
75	4.00	Long Jump	U17 F/Women	Pit1	Long Jump Pit1	
76	4.30	1500m	U15 Male		1500m	
77	4.20	Shot	U15 Female		Shot	
78	4.20	Discus	U13 Male	Match 2	Discus Match 2	
79	4.20	Javelin	U13 Female	Match 1 & 3	Javelin Match 1 & 3	
80	4.40	1500m	U17 Men		1500m	
81	4.50	4 x 100m Mixed	U11 Fem/Male	NS	4 x 100m Mixed NS	
82	4.55	4 x 100m	U13 Female		4 x 100m	
83	5.00	4 x 100m	U15 Female		4 x 100m	
84	5.05	4 x 100m	U17 F/Women		4 x 100m	
85	5.10	4 x 100m	U13 Male		4 x 100m	
86	5.15	4 x 100m	U15 Male		4 x 100m	
87	5.20	4 x 100m	U17 Men		4 x 100m	
88	11.45	1500m	U13 Female	NS	1500m U13 Female	
89	11.55	1500m	U15 Female	NS	1500m U15 Female	
90	12.05	1500m	U17 F/Women	NS	1500m U17 F/Women	
91	12.20	800m	U13 Male	NS	800m U13 Male	
92	12.40	800m	U15 Male	NS	800m U15 Male	
93	12.50	800m	U17 Men	NS	800m U17 Men	
94	1.15	800m	U13 Female	NS	800m U13 Female	

<b>Event No's - In Order of Time</b>						
95	1.25	800m	U15 Female	NS	800m U15 Female	
96	1.40	800m	U17 F/Women	NS	800m U17 F/Women	
97	4.20	1500m	U13 Male	NS	1500m U13 Male	
98	4.30	1500m	U15 Male	NS	1500m U15 Male	
99	4.40	1500m	U17 Men	NS	1500m U17 Men	