

Heart of England League Programme

Revised for 2023

Event No	Time	Event	Age	Non Scoring
Track Events				
2	11.00	1500m	U13 Female	
3	11.10	1500m	U15 Female	
4	11.20	1500m (U17/U20)	U17 Female	
8	11.30	70m hurdles	U13 Female	
9	11.40	800m	U13 Male	
10	11.50	75m hurdles	U15 Female	
14	12.00	75m hurdles	U13 Male	
15	12.10	800m	U15 Male	
18	12.20	800m (U17/U20)	U17 Men	
19	12.30	80m hurdles (U17)	U17 Female	
20	12.35	80m hurdles	U15 Male	
25	12.45	800m	U13 Female	
26	12.50	800m	U15 Female	
27	1.00	100m hurdles (U17)	U17 Men	
28	1.05	800m (U17/U20)	U17 Female	
31	1.15	400m (U17/U20)	U17 Men	
32	1.25	600m	U11 Female	
33	1.35	600m	U11 Female	NS
34	1.40	600m	U11 Male	
38	1.45	600m	U11 Male	NS
77	20 Minute Break			
78				
39	2.05	100m	U13 Female	
41	2.10	100m	U15 Female	
42	2.15	100m (U17/U20)	U17 Female	
43	2.20	100m	U13 Male	
44	2.25	100m	U15 Male	
46	2.30	100m (U17/U20)	U17 Men	
50	2.35	75m	U11 Female	
51	2.40	75m	U11 Female	NS
53	2.45	75m	U11 Male	
54	2.50	75m	U11 Male	NS
55	3.00	1500m	U13 Male	
56	3.10	1500m	U15 Male	
62	3.20	1500m (U17/U20)	U17 Men	
63	3.30	300m	U15 Female	
64	3.35	300m (U17/U20)	U17 Female	
65	3.40	300m	U15 Male	
66	3.50	200m	U13 Female	
68	3.55	200m	U15 Female	
70	4.00	200m (U17/U20)	U17 Female	
71	4.05	200m	U13 Male	
72	4.10	200m	U15 Male	
76	4.15	200m (U17/U20)	U17 Men	
81	4.20	4 x 100m Mixed	U11 Fem/Male	NS
82	4.30	4 x 100m	U13 Female	
83	4.35	4 x 100m	U15 Female	
84	4.40	4 x 100m (U17/U20)	U17 Female	
85	4.45	4 x 100m	U13 Male	
86	4.50	4 x 100m	U15 Male	
87	4.55	4 x 100m (U17/U20)	U17 Men	

Event No	Time	Event	Age	Comment	
				Discus	Match 1 & 3
				Javelin	Match 2
Field Events					
1	11.30	High Jump	U13 Male		
5	11.45	Howler	U11 Male		
6	11.45	Howler	U11 Female		
7	12.00	Long Jump	U15 Male	Pit 2	
11	12.15	Shot (U17)	U17 Men		
12	12.15	Discus	U15 Female	Match 2	
13	12.15	Javelin (U17)	U17 Female	Match 1 & 3	
16	12.30	Long Jump	U11 Male	Pit 1	
17	12.30	High Jump	U15 Female		
21	1.00	Long Jump	U15 Female	Pit 2	
22	1.00	Shot	U15 Male		
23	1.00	Discus (U17)	U17 Men	Match 2	
24	1.00	Javelin	U13 Male	Match 1 & 3	
29	1.30	High Jump	U13 Female		
30	1.30	Long Jump (U17/20)	U17 Men	Pit1	
35	1.50	Shot (U17)	U17 Female		
36	1.50	Discus	U13 Female	Match 2	
37	1.50	Javelin	U15 Male	Match 1 & 3	
40	2.10	Long Jump	U11 Female	Pit 2	
45	2.30	High Jump	U15 Male		
79					
80					
47	2.40	Shot	U13 Male		
48	2.40	Discus (U17)	U17 Female	Match 2	
49	2.40	Javelin	U15 Female	Match 1 & 3	
52	2.50	Long Jump	U13 Female	Pit 1	
57	3.20	High Jump (U17/U20)	U17 Female		
58	3.20	Long Jump	U13 Male	Pit 2	
59	3.30	Shot	U13 Female		
60	3.30	Discus	U15 Male	Match 2	
61	3.30	Javelin (U17)	U17 Men	Match 1 & 3	
67	4.00	Long Jump (U17/20)	U17 Female	Pit1	
69	4.10	High Jump (U17/U20)	U17 Men		
73	4.20	Shot	U15 Female		
74	4.20	Discus	U13 Male	Match 2	
75	4.20	Javelin	U13 Female	Match 1 & 3	
Guests - Non Scoring					
88	11.00	1500m	U13 Female	NS	
89	11.10	1500m	U15 Female	NS	
90	11.20	1500m (U17/U20)	U17 Female	NS	
91	11.40	800m	U13 Male	NS	
92	12.10	800m	U15 Male	NS	
93	12.20	800m (U17/U20)	U17 Men	NS	
94	12.45	800m	U13 Female	NS	
95	12.50	800m	U15 Female	NS	
96	1.05	800m (U17/U20)	U17 Female	NS	
97	3.00	1500m	U13 Male	NS	
98	3.10	1500m	U15 Male	NS	
99	3.20	1500m (U17/U20)	U17 Men	NS	

High Jump		
Opening Heights		
	Male	Female
U13	1.10m	1.00m
U15	1.20m	1.10m
U17	1.30m	1.20m

	No of Trials	Jump - 2 Pits required
Jumps	3	
Discus	3	
Javelin	3	
Shot	3	