

# Heart of England League Programme

Revised for 2024

Event No	Time	Event	Age	Non Scoring
<b>Track Events</b>				
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		<b>30 Minute Break</b>		
78				
39	2.15	100m	U13 Female	
41	2.20	100m	U15 Female	
42	2.25	100m (U17/U20)	U17 Female	
43	2.30	100m	U13 Male	
44	2.35	100m	U15 Male	
46	2.40	100m (U17/U20)	U17 Men	
50	2.45	75m	U11 Female	
51	2.50	75m	U11 Female	NS
53	2.55	75m	U11 Male	
54	3.00	75m	U11 Male	NS
55	3.10	1500m	U13 Male	
56	3.20	1500m	U15 Male	
62	3.30	1500m (U17/U20)	U17 Men	
63	3.40	300m	U15 Female	
64	3.45	300m (U17/U20)	U17 Female	
65	3.55	300m	U15 Male	
66	4.05	200m	U13 Female	
68	4.10	200m	U15 Female	
70	4.15	200m (U17/U20)	U17 Female	
71	4.20	200m	U13 Male	
72	4.25	200m	U15 Male	
76	4.30	200m (U17/U20)	U17 Men	
81	4.40	4 x 100m Mixed	U11 Fem/Male	NS
82	4.45	4 x 100m	U13 Female	
83	4.50	4 x 100m	U15 Female	
84	4.55	4 x 100m (U17/U20)	U17 Female	
85	5.00	4 x 100m	U13 Male	
86	5.05	4 x 100m	U15 Male	
87	5.10	4 x 100m (U17/U20)	U17 Men	

Event No	Time	Event	Age	Comment
<b>Field Events</b>				
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
<b>Guests - Non Scoring</b>				
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	3.10	1500m	U13 Male	NS
98	3.20	1500m	U15 Male	NS
99	3.30	1500m (U17/U20)	U17 Men	NS

High Jump		
Opening Heights		
	Male	Female
<b>U13</b>	1.10m	1.00m
<b>U15</b>	1.20m	1.10m
<b>U17</b>	1.30m	1.20m

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

# Heart of England League Programme by Age Group

Revised for 2024

Event			Event		
No	Time	Event	No	Time	Event
		<b>U11 Female</b>			<b>U11 Male</b>
6	11.45	Howler	5	11.45	Howler
32	1.25	600m	16	12.30	Long Jump Pit 1
33	1.35	600m NS	34	1.40	600m
40	2.10	Long Jump Pit 2	38	1.45	600m NS
50	2.45	75m	53	2.55	75m
51	2.50	75m NS	54	3.00	75m NS
81	4.40	4 x 100m Mixed NS			
		<b>U13 Female</b>			<b>U13 Male</b>
2	11.00	1500m	1	11.30	High Jump
8	11.30	70m hurdles	9	11.40	800m
25	12.45	800m	14	12.00	75m hurdles
29	1.30	High Jump	24	1.00	Javelin Match 1 & 3
36	1.50	Discus Match 2	43	2.30	100m
39	2.15	100m	47	2.40	Shot
52	2.50	Long Jump Pit 1	55	3.10	1500m
59	3.30	Shot	58	3.20	Long Jump Pit 2
66	4.05	200m	71	4.20	200m
75	4.20	Javelin Match 1 & 3	74	4.20	Discus Match 2
82	4.45	4 x 100m	85	5.00	4 x 100m
		<b>U15 Female</b>			<b>U15 Male</b>
3	11.10	1500m	7	12.00	Long Jump Pit 2
10	11.50	75m hurdles	15	12.10	800m
12	12.15	Discus Match 2	20	12.35	80m hurdles
17	12.30	High Jump	22	1.00	Shot
21	1.00	Long Jump Pit 2	37	1.50	Javelin Match 1 & 3
26	12.50	800m	44	2.35	100m
41	2.20	100m	45	2.30	High Jump
49	2.40	Javelin Match 1 & 3	56	3.20	1500m
63	3.40	300m	60	3.30	Discus Match 2
68	4.10	200m	65	3.55	300m
73	4.20	Shot	72	4.25	200m
83	4.50	4 x 100m	86	5.05	4 x 100m
		<b>U17/U20 Female</b>			<b>U17/U20 Men</b>
4	11.20	1500m (U17/U20)	11	12.15	Shot (U17)
13	12.15	Javelin (U17) Match 1 & 3	18	12.20	800m (U17/U20)
19	12.30	80m hurdles (U17)	23	1.00	Discus (U17) Match 2
28	1.05	800m (U17/U20)	27	1.00	100m hurdles (U17)
35	1.50	Shot (U17)	30	1.30	Long Jump (U17/20) Pit1
42	2.25	100m (U17/U20)	31	1.15	400m (U17/U20)
48	2.40	Discus (U17) Match 2	46	2.40	100m (U17/U20)
57	3.20	High Jump (U17/U20)	61	3.30	Javelin (U17) Match 1 & 3
64	3.45	300m (U17/U20)	62	3.30	1500m (U17/U20)
67	4.00	Long Jump (U17/20) Pit1	69	4.10	High Jump (U17/U20)
70	4.15	200m (U17/U20)	76	4.30	200m (U17/U20)
84	4.55	4 x 100m (U17/U20)	87	5.10	4 x 100m (U17/U20)
		<b>Guests - Non Scoring</b>			
		<b>Female</b>			<b>Male</b>
88	11.00	1500m U13 Female	91	11.40	800m U13 Male
89	11.10	1500m U15 Female	92	12.10	800m U15 Male
90	11.20	1500m (U17/U20) Female	93	12.20	800m (U17/U20) Men
94	12.45	800m U13 Female	97	3.10	1500m U13 Male
95	12.50	800m U15 Female	98	3.20	1500m U15 Male
96	1.05	800m (U17/U20) Female	99	3.30	1500m (U17/U20) Men