

LILY 'B' LEAGUE – TIMETABLE 2017

TRACK				FIELD		
TIME	EVENT	AGE	STRING	TIME	EVENT	AGE
				11.15	HAMMER	U15
					HAMMER	U17
					TRIPLE JUMP	U17
					POLE VAULT	U15
					POLE VAULT	U17
12.00	70m HURDLES	U13	A	12.00	LONG JUMP	U13
12.05			B		HIGH JUMP	U15
12.15	75m HURDLES	U15	A		JAVELIN	U17
12.20			B			
12.30	80m HURDLES	U17	A	12.30	DISCUS	U13
12.35			B			
12.45	100m	U13	A			
12.55			B			
1.00	100m	U15	A	1.00	LONG JUMP	U15
1.05			B		SHOT PUTT	U15
1.10	100m	U17	A		HIGH JUMP	U17
1.15			B			
1.20	75m	U11	N/S			
1.30	1500m	U13	A & B	1.30	JAVELIN	U13
1.40	1500m	U15	A & B			
1.50	1500m	U17	A & B	2.00	LONG JUMP	U17
2.00	300m HURDLES	U17	A		SHOT PUTT	U17
2.05			B			
2.15	200m	U13	A	2.15	DISCUS	U15
2.25			B			
2.30	200m	U15	A	2.30	HIGH JUMP	U13
2.35			B			
2.40	200m	U17	A			
2.45			B			
2.50	600m	U11	N/S			
3.00	150m	U11	N/S	3.00	JAVELIN	U15
3.10	800m	U13	A		SHOT PUTT	U13
3.15			B		LONG JUMP	U13 N/S
3.25	800m	U15	A		LONG JUMP	U11 N/S
3.30			B			
3.40	800m	U17	A			
3.45			B	3.45	DISCUS	U17
3.50	300m	U17	A			
3.55			B			
4.05	4 x 100m	U11	A - n/s			
			B - n/s			
4.20	4 x 100m	U13	A			
			B			
4.30	4 x 100m	U15	A			
			B			
4.40	4 x 100m	U17	A			

Maximum Three Individual Events for all Athletes (including Non Scoring)

Track Events

- ▶ if any track events are amalgamated then the Athlete (A or B string) who crosses the line first will be counted as the 'A' scorer.
- ▶ Maximum of 2 teams per club for U11 4x100m relay
- ▶ The U17 4x100m B string will be introduced for the finals only.

Field Events

- ▶ Maximum Three Attempts (except High Jump) for U13 & U15
- ▶ Maximum Four Attempts (except High Jump) for U17's.
- ▶ The Non-Scoring field events for U11 & U13 will be 2 attempts.
- ▶ High Jump starting height 1.05m (U13 &U15) 1.10m (U17) and thereafter the Incremental height increases will be 5cm