

# UKA Youth Development League Upper Age Group Timetable:

## Track:

Time	Event	M/F	Competitors
11.00	400m Hurdles	Men	A String
11.05	400m Hurdles	Men	B String
11.15	400m Hurdles	Men	U17
11.20	400m Hurdles	Women	A String
11.25	400m Hurdles	Women	B String
11.35	300m Hurdles	Women	U17
11.45	100m	Men	A String
11.50	100m	Men	B String
11.55	100m	Men	U17
12.00	100m	Women	A String
12.05	100m	Women	B String
12.10	100m	Women	U17
12.15	100m	Men	non-scoring
12.30	100m	Women	non-scoring
12.45	800m	Men	A String
12.50	800m	Men	B String
12.55	800m	Men	U17
13.00	800m	Women	A String
13.05	800m	Women	B String
13.10	800m	Women	U17
13.20	400m	Men	A String
13.25	400m	Men	B String
13.30	400m	Men	U17
13.35	400m	Women	A String
13.40	400m	Women	B String
13.50	300m	Women	U17
14.00	3000m	Men	A & B String U17
14.15	110m Hurdles	Men	A String
14.20	110m Hurdles	Men	B String
14.30	100m Hurdles	Women	A String
14.35	100m Hurdles	Women	B String
14.40	3000m	Women	A & B String U17
14.55	100m Hurdles	Men	U17
15.05	80m Hurdles	Women	U17
15.15	200m	Men	A String
15.20	200m	Men	B String
15.25	200m	Men	U17
15.30	200m	Women	A String
15.35	200m	Women	B String
15.40	200m	Women	U17
15.50	1500m	Men	A & B String
16.00	1500m	Men	U17
16.10	1500m	Women	A & B String
16.20	1500m	Women	U17
16.30	1500m s/c	Women	A & B String U17

## Track cont:

Time	Event	M/F	Competitors
16.40	4 x 100m R	Men	U20
16.45	4 x 100m R	Women	U20
16.50	4 x 100m R	Men	U17
16.55	4 x 100m R	Women	U17
17.05	2000m s/c	Men	A & B String
17.15	1500m s/c	Men	U17
17.25	4 x 400m R	Men	U20
17.35	4 x 400m R	Women	U20
17.45	4 x 400m R	Men	U17
17.55	4 x 300m R	Women	U17

Field:	4 trials per athlete except vertical jumps		
Time	Event	M/F	Competitors
10.15	Hammer	Men	A & B String
10.15	Hammer	Men	U17
11.00	Pole Vault	Women	A & B String
11.00	Pole Vault	Women	U17
11.00	Long Jump	Men	A & B String
11.00	Long Jump	Men	U17
11.00	Shot	Women	A & B String
11.00	Shot	Women	U17
11.35	Hammer	Women	A & B String
11.35	Hammer	Women	U17
12.00	High Jump	Men	A & B String
12.00	High Jump	Men	U17
12.45	Long Jump	Women	A & B String
12.45	Long Jump	Women	U17
12.55	Javelin	Men	A & B String
12.55	Javelin	Men	U17
14.15	Javelin	Women	A & B String
14.15	Javelin	Women	U17
14.20	Shot	Men	A & B String
14.20	Shot	Men	U17
14.30	Pole Vault	Men	A & B String
14.30	Pole Vault	Men	U17
14.30	High Jump	Women	A & B String
14.30	High Jump	Women	U17
14.30	Triple Jump	Men	A & B String
14.30	Triple Jump	Men	U17
15.35	Discus	Women	A & B String
15.35	Discus	Women	U17
16.15	Triple Jump	Women	A & B String
16.15	Triple Jump	Women	U17
16.55	Discus	Men	A & B String
16.55	Discus	Men	U17

One Race A & B String plus U17 athletes

Should a stadium have an outside throws area the first long throw event could take place starting at 11.00 and all other long throws events timetabled accordingly