UK YOUTH DEVELOPMENT LEAGUE

Upper Age Group Double headed Timetable 2023

TRACK Timetable

Time	Event	M/F	Competitors
11:00	400m Hurdles	U20 Men	A followed by B
	400m Hurdles	U17 Men	A followed by B
	400m Hurdles	U20 Women	A followed by B
11:30	300m Hurdles	U17 Women	A followed by B
11:40	1500m	U20 Men	A & B String
	1500m	U17 Men	A & B String
	1500m	U20 Women	A & B String
	1500m	U17 Women	A & B String
12:20	100m	U20 Men	A followed by B
	100m	U17 Men	A followed by B
	100m	U20 Women	A followed by B
	100m	U17 Women	A followed by B
13:00	400m	U20 Men	A followed by B
	400m	U17 Men	A followed by B
	400m	U20 Women	A followed by B
13:30	300m	U17 Women	A followed by B
Track Break - only if time allows			
14.00	80m Hurdles	U17 Women	A followed by B
14.10	3000m	Men	All
14.25	100m Hurdles	U20 Women	A followed by B
14.35	100m Hurdles	U17 Men	A followed by B
14.45	3000m	Women	All
15.00	110m Hurdles	U20 Men	A followed by B
15.15	200m	U20 Men	A followed by B
	200m	U17 Men	A followed by B
	200m	U20 Women	A followed by B
	200m	U17 Women	A followed by B
15.50	2000m S/Ch	U20M	A & B String
16.00	800m	U20 Men	A followed by B
	800m	U17 Men	A followed by B
	800m	U20 Women	A followed by B
	800m	U17 Women	A followed by B

One Race under 20 & under 17 athletes A & B Strings

Track Cont.

All options	Event	M/F
16.40	1500m S/Ch	U17M A & B string
16.50	4 x 100m R	U17 Women
	4 x 100m R	U17 Men
	4 x 100m R	U20 Women
	4 x 100m R	U20 Men
17.15	1500m S/Ch	Women - All
17.25	4 x 300m R	U17 Women
	4 x 400m R	U17 Men
	4 x 400m R	U20 Women
	4 x 400m R	U20 Men

In the above steeplechase events A & B String athletes run together

FIELD Timetable

Time	Event	M/F
10.00	Hammer	Men
11.00	Long Jump	Men
	Pole Vault	Women
11.35	Hammer	Women
12.00	High Jump	Men
12.45	Long Jump	Women
12:45	Discus	Men
12.55	Shot	Women
14.10	Discus	Women
14.15	Shot	Men
14.30	Triple Jump	Men
	Pole Vault	Men
15.00	High Jump	Women
15.30	Javelin	Men
16.15	Triple Jump	Women
16.55	Javelin	Women

With the exception of vertical jumps, all athletes will have 3 trials with top 3 U20 & 3 U17 a further 3 trials having first achieved the required standard