

SCHOOLS COMPETING

A LAMBROOK/HAILEYBURY
 B WOODCOTE
 C PILGRIMS
 D CLAREMONT FAN COURT
 F SUNNINGDALE
 G LUDGROVE
 H CHINTHURST
 I HALL GROVE
 L CROSFIELDS
 M HARRIS HILL

N DANESHILL
 P LANESBOROUGH
 T PAPPLEWICK
 U DUKE OF KENT
 W DOWNSEND
 X ALDRO
 Y BISHOPSGATE
 Z PARKSIDE
 2 RIPLEY COURT
 3 ST. NEOT'S

4 CRANMORE
 5 ST. ANDREW'S
 6 HOLME GRANGE
 7 ST. PIRANS

ORDER OF EVENTS: (Times are approximate. Listen for announcements).

TRACK EVENTS:

11:00 am	U.12 +U.13 Hurdles Heats	2:00 pm	75m+70m Hurdles Finals
	U.11+U12 800m Finals		75m+100m Finals
	U.14 75m Hurdles heats		400m Final
	75m & 100m Heats		150m+200m Finals
	U.12,13,14 1500m Finals		U.10 600m Finals
	150m & 200m Heats		U.13+U14 800m Finals
			Relay Finals

FIELD EVENTS:

11:00 am	U.11 High Jump	U.10 Long Jump		
11:15 am	U.13 Shot	U.14 Triple Jump		
11:30 am	U.13 Javelin	U.12 Discus		
12:00 pm	U.12 Long Jump	U.13 High Jump		
12:15 pm	U.14 Shot			
12:30 pm	U.12 Javelin	U.13 Discus		
1:00 pm	U.14 Long Jump	U.10 High Jump		
1:15 pm	U.12 Shot			
1:30 pm	U.14 Discus			
2:00 pm	U.11 Long Jump	U.13 Long Jump	U.14 Javelin	U.12 High Jump
3:00 pm	U.14 High Jump			

National Championships:

Monday 29th June

MINIMUM STANDARDS	U.14	U.13	U.12
100m	13	13.8	14.6
200m	27.6	29.1	31
400m	60		
800m	2'27	2'34	2'41
1500m	5'00	5'10	5'20
Hurdles	13.2	13.0	13.4
Long Jump	4m65	4m32	4m
High Jump	1m55	1m45	1m35
Triple Jump	10m15		
Shot	10m05	9m40	8m50
Discus	27m	23m50	20m
Javelin	32m	27m	25m
Relay	52.5		56.3