## UK YOUTH DEVELOPMENT LEAGUE

ATHLETICS

## Upper Age Group Premier Timetable 2023

## TRACK Timetable

| Time | Event | M/F | Competitors |
| :---: | :--- | :--- | :--- |
| $11: 00$ | 400 m Hurdles | U20 Men | A followed by B |
| $11: 10$ | 400 m Hurdles | U17 Men | A followed by B |
| $11: 20$ | 400 m Hurdles | U20 Women | A followed by B |
| $11: 30$ | 300 m Hurdles | U17 Women | A followed by B |
| $11: 40$ | 1500 m | U20 Men | A \& B String |
| $11: 50$ | 1500 m | U17 Men | A \& B String |
| $12: 00$ | 1500 m | U20 Women | A \& B String |
| $12: 10$ | 1500 m | U17 Women | A \& B String |
| $12: 20$ | 100 m | U20 Men | A followed by B |
| $12: 30$ | 100 m | U17 Men | A followed by B |
| $12: 40$ | 100 m | U20 Women | A followed by B |
| $12: 50$ | 100 m | U17 Women | A followed by B |
| $13: 00$ | 400 m | U20 Men | A followed by B |
| $13: 10$ | 400 m | U17 Men | A followed by B |
| $13: 20$ | 400 m | U20 Women | A followed by B |
| $13: 30$ | 300 m | U17 Women | A followed by B |

Track Break - only if time allows

| 14.00 | 80 m Hurdles | U17 Women | A followed by B |
| :--- | :--- | :--- | :--- |
| 14.10 | 3000 m | Men | All |
| 14.25 | 100 m Hurdles | U20 Women | A followed by B |
| 14.35 | 100 m Hurdles | U17 Men | A followed by B |
| 14.45 | 3000 m | Women | All |
| 15.00 | 110 m Hurdles | U20 Men | A followed by B |
| 15.15 | 200 m | U20 Men | A followed by B |
| 15.25 | 200 m | U17 Men | A followed by B |
| 15.30 | 200 m | U20 Women | A followed by B |
| 15.40 | 200 m | U17 Women | A followed by B |
| 15.50 | 2000 m S/Ch | U20M | A \& B String |
| 16.00 | 800 m | U20 Men | A followed by B |
| 16.10 | 800 m | U17 Men | A followed by B |
| 16.20 | 800 m | U20 Women | A followed by B |
| 16.30 | 800 m | U17 Women | A followed by B |

[^0]Track Cont.

| All <br> options | Event | M/F |
| :---: | :--- | :--- |
| 16.40 | $1500 \mathrm{~m} \mathrm{~S} / \mathrm{Ch}$ | U17M A \& B string |
| 16.50 | $4 \times 100 \mathrm{~m} \mathrm{R}$ | U17 Women |
| 16.55 | $4 \times 100 \mathrm{~m} \mathrm{R}$ | U17 Men |
| 17.00 | $4 \times 100 \mathrm{~m} \mathrm{R}$ | U20 Women |
| 17.05 | $4 \times 100 \mathrm{~m} \mathrm{R}$ | U20 Men |
| 17.15 | $1500 \mathrm{~m} \mathrm{S/Ch}$ | Women - All |
| 17.25 | $4 \times 300 \mathrm{~m} \mathrm{R}$ | U17 Women |
| 17.35 | $4 \times 400 \mathrm{~m} \mathrm{R}$ | U17 Men |
| 17.45 | $4 \times 400 \mathrm{~m} \mathrm{R}$ | U20 Women |
| 17.55 | $4 \times 400 \mathrm{~m}$ R | U20 Men |
| In the above steeplechase events A \& B |  |  |
| String athletes run together |  |  |

## FIELD Timetable

| Time | Event | M/F |
| :---: | :--- | :--- |
|  | Hammer | Men |
| 11.00 | Pole Vault | Women |
|  | Long Jump | Men |
| 11.35 | Hammer | Women |
| 12.00 | High Jump | Men |
| 12.45 | Long Jump | Women |
| 12.55 | Discus | Men |
|  | Shot | Women |
| 14.15 | Discus | Women |
|  | Shot | Men |
| 14.30 | Pole Vault | Men |
|  | Triple Jump | Men |
| 15.00 | High Jump | Women |
| 15.35 | 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

## UK YOUTH DEVELOPMENT LEAGUE

## Upper Age Group Non Premier Timetable 2023

## TRACK Timetable

| Time | Event | M/F | Competitors |
| :---: | :--- | :--- | :--- |
| $11: 30$ | 400 m Hurdles | U20 Men | A followed by B |
|  | 400 m Hurdles | U17 Men | A followed by B |
|  | 400 m Hurdles | U20 Women | A followed by B |
|  | 300 m Hurdles | U17 Women | A followed by B |
| $12: 00$ | 1500 m | U20 Men | A \& B String |
|  | 1500 m | U17 Men | A \& B String |
| $12: 15$ | 1500 m | U20 Women | A \& B String |
|  | 1500 m | U17 Women | A \& B String |
| $12: 30$ | 100 m | U20 Men | A followed by B |
|  | 100 m | U17 Men | A followed by B |
|  | 100 m | U20 Women | A followed by B |
|  | 100 m | U17 Women | A followed by B |
| $13: 10$ | 400 m | U20 Men | A followed by B |
|  | 400 m | U17 Men | A followed by B |
|  | 400 m | U20 Women | A followed by B |
|  | 300 m | U17 Women | A followed by B |

Track Break - only if time allows

| $14: 00$ | 80 m Hurdles | U17 Women | A followed by B |
| :---: | :--- | :--- | :---: |
| $14: 10$ | 3000 m | Men | All |
| $14: 25$ | 100 m Hurdles | U20 Women | A followed by B |
|  | 100 m Hurdles | U17 Men | A followed by B |
| $14: 40$ | 3000 m | Women | All |
| $14: 55$ | 110 m Hurdles | U20 Men | A followed by B |
| 15.05 | 200 m | U20 Men | A followed by B |
|  | 200 m | U17 Men | A followed by B |
|  | 200 m | U20 Women | A followed by B |
|  | 200 m | U17 Women | A followed by B |
| 15.30 | 2000 m S/Ch | U20 Men | A \& B String |
| 15.40 | 800 m | U20 Men | A followed by B |
|  | 800 m | U17 Men | A followed by B |
|  | 800 m | U20 Women | A followed by B |
|  | 800 m | U17 Women | A followed by B |

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

## Track Cont.

| Time | Event | M/F |
| :---: | :--- | :--- |
| 16.10 | $1500 \mathrm{~m} \mathrm{S/Ch}$ | U17 Men A \& B String |
| 16.20 | $4 \times 100 \mathrm{~m} \mathrm{R}$ | U17 Women |
|  | $4 \times 100 \mathrm{~m} \mathrm{R}$ | U17 Men |
|  | $4 \times 100 \mathrm{~m} \mathrm{R}$ | U20 Women |
|  | $4 \times 100 \mathrm{~m} \mathrm{R}$ | U20 Men |
| 16.40 | $1500 \mathrm{~m} \mathrm{S/Ch}$ | Women - All |
| 16.50 | $4 \times 300 \mathrm{~m} \mathrm{R}$ | U17 Women |
|  | $4 \times 400 \mathrm{~m} \mathrm{R}$ | U17 Men |
|  | $4 \times 400 \mathrm{~m} \mathrm{R}$ | U20 Women |
|  | $4 \times 400 \mathrm{~m}$ R | U20 Men |

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

FIELD Timetable

| Time | Event | M/F |
| :--- | :--- | :--- |
|  | Hammer | Men |
|  | Long Jump | Men |
|  | Shot | Women |
| 11.30 | Pole Vault | Women |
| 12.15 | Hammer | Women |
| 12.30 | High Jump | Men |
| 13.00 | Long Jump | Women |
| 13.15 | Discus | Men |
| 14.15 | Discus | Women |
| 14.30 | Shot | Men |
| 14.45 | Pole Vault | High Jump |
|  | Triple Jump | Women |
|  | Javelin | Men |
| 16.00 | Triple Jump | Women |
| 16.30 | Javelin | Women |

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

## UK YOUTH DEVELOPMENT LEAGUE

Upper Age Group Double headed Timetable 2023

## TRACK Timetable

| Time | Event | M/F | Competitors |
| :---: | :--- | :--- | :--- |
| $11: 00$ | 400 m Hurdles | U20 Men | A followed by B |
|  | 400 m Hurdles | U17 Men | A followed by B |
|  | 400 m Hurdles | U20 Women | A followed by B |
| $11: 30$ | 300 m Hurdles | U17 Women | A followed by B |
| $11: 40$ | 1500 m | U20 Men | A \& B String |
|  | 1500 m | U17 Men | A \& B String |
|  | 1500 m | U20 Women | A \& B String |
|  | 1500 m | U17 Women | A \& B String |
| $12: 20$ | 100 m | U20 Men | A followed by B |
|  | 100 m | U17 Men | A followed by B |
|  | 100 m | U20 Women | A followed by B |
|  | 100 m | U17 Women | A followed by B |
| $13: 00$ | 400 m | U20 Men | A followed by B |
|  | 400 m | U17 Men | A followed by B |
|  | 400 m | U20 Women | A followed by B |
| $13: 30$ | 300 m | U17 Women | A followed by B |

Track Break - only if time allows

| 14.00 | 80 m Hurdles | U17 Women | A followed by B |
| :--- | :--- | :--- | :--- |
| 14.10 | 3000 m | Men | All |
| 14.25 | 100 m Hurdles | U20 Women | A followed by B |
| 14.35 | 100 m Hurdles | U17 Men | A followed by B |
| 14.45 | 3000 m | Women | All |
| 15.00 | 110 m Hurdles | U20 Men | A followed by B |
| 15.15 | 200 m | U20 Men | A followed by B |
|  | 200 m | U17 Men | A followed by B |
|  | 200 m | U20 Women | A followed by B |
|  | 200 m | U17 Women | A followed by B |
| 15.50 | 2000 m S/Ch | U20M | A \& B String |
| 16.00 | 800 m | U20 Men | A followed by B |
|  | 800 m | U17 Men | A followed by B |
|  | 800 m | U20 Women | A followed by B |
|  | 800 m | U17 Women | A followed by B |

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

## Track Cont.

| All <br> options | Event | M/F |
| :---: | :--- | :--- |
| 16.40 | $1500 \mathrm{~m} \mathrm{S/Ch}$ | U17M A \& B string |
| 16.50 | $4 \times 100 \mathrm{~m} \mathrm{R}$ | U17 Women |
|  | $4 \times 100 \mathrm{~m} \mathrm{R}$ | U17 Men |
|  | $4 \times 100 \mathrm{~m} \mathrm{R}$ | U20 Women |
|  | $4 \times 100 \mathrm{~m} \mathrm{R}$ | U20 Men |
| 17.15 | $1500 \mathrm{~m} \mathrm{S/Ch}$ | Women - All |
| 17.25 | $4 \times 300 \mathrm{~m} \mathrm{R}$ | U17 Women |
|  | $4 \times 400 \mathrm{~m} \mathrm{R}$ | U17 Men |
|  | $4 \times 400 \mathrm{~m} \mathrm{R}$ | U20 Women |
|  | $4 \times 400 \mathrm{~m}$ R | U20 Men |
| In the above steeplechase events A \& B String |  |  |
| athletes run together |  |  |

FIELD Timetable

| Time | Event | M/F |
| :---: | :--- | :--- |
|  | 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 U 20 \& 3 U17 a further 3 trials having first achieved the required standard


[^0]:    One Race under 20 \& under 17 athletes A \& B Strings

