

22nd May

Match 1a - Finsbury Park Field

Hammer One mixed age pool
Long Jump
High Jump
Shot
Javelin

Notes:

4x HJ instead of the normal 2?
Perhaps 4 attempts
Plan to use only 4 field teams, we might be tight on the number of officials
Throws to be mixed age to allow best use of implements

23rd May

Match 1b - Perivale Track

Hurdles	12:30 U13/U15 Only
200	13:30
800	15:00
300/400	16:20 U15/17 only
Finish	17:00

Notes:

5th June

Match 2a - Finsbury Park Track

Hurdles	12:30 U13/U15 Only
100	13:30
1500	14:45
200	16:20 U15/17 only
Finish	17:00

Notes:

6th June

Match 2b - Perivale Field

Hammer One mixed age pool
Long Jump
High Jump
Shot
Discus

Notes:

As per 22nd May

26th June

Match 3 -Parliament Hill

800	12:30 U11 Only
Hurdles	13:00 U13/U15 Only
75	13:30 U11 Only
100	14:00
800	14:55
300/400	16:35 U15/17 only
Finish	17:00

Hammer One mixed age pool

Long Jump

High Jump U13 only

Shot

Javelin

Notes:

Only one LJ pit

18th July

Match 4 - Allianz Park

800	12:30 U11 Only
200	13:00
150	14:00 U11 Only
800	14:30
4x100	16:15
Finish	17:00

Hammer One mixed age pool

Long Jump

High Jump U15/17 only

Shot

Discus

Notes: