

Upper Age Group Premier Timetable 2025

TRACK Timetable

Time	Event	M/F	Competitors
10:50	400m Hurdles	U20 Men	A followed by B
	400m Hurdles	U17 Men	A followed by B
	400m Hurdles	U20 Women	A followed by B
11:20	300m Hurdles	U17 Women	A followed by B
11:35	1500m Matches 1 & 3, 3000m Match 2	U20 Men	A & B String
		U17 Men	A & B String
		U20 Women	A & B String
		U17 Women	A & B String
12:05	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
12:50	400m	U20 Men	A followed by B
	400m	U17 Men	A followed by B
	400m	U20 Women	A followed by B
	300m	U17 Women	A followed by B
13:25	80m Hurdles	U17 Women	A followed by B

Track Break - only if time allows

14:00	100m Hurdles	U20 Women	A followed by B
	100m Hurdles	U17 Men	A followed by B
14:25	110m Hurdles	U20 Men	A followed by B
14:40	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
15:20	2000m S/Ch	U20M	A & B String
15:30	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

TRACK: 3000m and Women's S/Ch - One Race for under 20 & under 17 athletes, A & B Strings together

FIELD: 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

Track Cont.

Time	Event	M/F
16:10	1500m S/Ch	U17M A & B string
16:25	4 x 100m R	U17 Women
	4 x 100m R	U17 Men
	4 x 100m R	U20 Women
	4 x 100m R	U20 Men
16:50	1500m S/Ch	Women - All
17:10	4 x 300m R	U17 Women
	4 x 400m R	U17 Men
	4 x 400m R	Mixed U20 M&W (A&B string)

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

FIELD Timetable

Time	Event	M/F
10:45 11:50	Hammer*	Men & Women
11:15	Long Jump	Men
12:00	Pole Vault	Men/Women
12:45	Shot	Women
12:55	Discus	Men
13:00	Long Jump	Women
13:40	High Jump	Men
14:00	Shot	Men
14:10	Discus	Women
14:45 15:35	Triple Jump**	Men/Women
15:00	High Jump	Women
15:20	Javelin	Women
16:30	Javelin	Men

HAMMER* If numbers are too large to combine then we suggest reverting to separate Men & Women's events with the start times of 10:45 and 11:50

TRIPLE JUMP** If athletes are using 4 different take off boards, then we suggest splitting the group into 2 fields at 14:45 and 15:35

Upper Age Group Main (Non Premier) Timetable 2025

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
11:20	300m Hurdles	U17 Women	A followed by B
11:30	1500m Matches 1 & 3, 3000m Match 2	U20 Men	A & B String/ALL
		U17 Men	A & B String/ALL
		U20 Women	A & B String/ALL
		U17 Women	A & B String/ALL
12:00	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
12:40	400m	U20 Men	A followed by B
	400m	U17 Men	A followed by B
	400m	U20 Women	A followed by B
	300m	U17 Women	A followed by B
13:05	80m Hurdles	U17 Women	A followed by B
Track Break - only if time allows			
13:35	100m Hurdles	U20 Women	A followed by B
	100m Hurdles	U17 Men	A followed by B
13:50	110m Hurdles	U20 Men	A followed by B
14:05	200m	U17 Women	A followed by B
	200m	U20 Women	A followed by B
	200m	U17 Men	A followed by B
	200m	U20 Men	A followed by B
14:35	2000m S/Ch	U20 Men	A & B String
14:50	800m	U17 Women	A followed by B
	800m	U20 Women	A followed by B
	800m	U17 Men	A followed by B
	800m	U20 Men	A followed by B
15:20	1500m S/Ch	U17 Men	A & B String

TRACK: 3000m and Women's S/Ch - One Race for under 20 & under 17 athletes, A & B Strings together

FIELD: 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

Track Cont.

Time	Event	M/F
15:35	4 x 100m R	U17 Women
	4 x 100m R	U17 Men
	4 x 100m R	U20 Women
	4 x 100m R	U20 Men
16:00	1500m S/Ch	Women - All
16:15	4 x 300m R	U17 Women
	4 x 400m R	U17 Men
	4 x 400m R	Mixed U20 M&W (A&B string)

FIELD Timetable

Time	Event	M/F
11:00	Hammer*	Men & Women
11:15	Long Jump	Men
12:00	Pole Vault	Men & Women
12:30	Shot	Women
12:45	Discus	Men
13:00	Long Jump	Women
13:30	High Jump	Men
13:45	Discus	Women
	Shot	Men
14:45	Triple Jump**	Men & Women
14:45	Javelin	Women
15:00	High Jump	Women
15:45	Javelin	Men

HAMMER* If numbers are too large then we suggest reverting to separate Men & Women's events with an earlier start time of 10:45

TRIPLE JUMP** If athletes are using 4 different take off boards, then we suggest splitting the group into 2 fields