

Manx Harriers Track and Field League 2004

Under 13 and upwards Programme

Promoted by Manx Harriers at the NSC

14th April - Signing on Night (Clubhouse) and Training Session (Track) 6.30 to 8.00pm

<p><u>21st April</u> 1500m Discus (m) High Jump (f) Long Jump (m) Shot Putt (f) 200m</p>	<p><u>28th April</u> 300/400m Hurdles Shot Putt (m) Discus (f) Long Jump (f) High Jump (m) 100m 800m</p>	<p><u>5th May</u> Sprint Hurdles Long/Triple Jump (f) Shot Putt (f) Javelin (m) Triple Jump (m) 200m 5000m</p>
<p><u>12th May</u> 800m Hammer (m & f) Long Jump (f) Long Jump (m) Javelin (f) 100m 300/400m Shot Putt (m)</p>	<p><u>19th May</u> 3000m Discus (m) High Jump (f) Long Jump (m) Shot Putt (f) 200m 300/400m</p>	<p><u>23rd June</u> 800m Javelin (f) Triple Jump (m) Long Jump (f) Shot Putt (m) Hammer (m & f) 100m</p>
<p><u>30th June</u> Mile* Discus (f) Shot Putt (m) High Jump (m) Long Jump (f) 100m *Steve Jacobs' mile U17up Separate mile for U13/15</p>	<p><u>7th July</u> 800m Long/Triple Jump (f) Hammer (m&f) Triple Jump (m) Javelin (f) Shot Putt (m) 200m</p>	<p><u>14th July</u> Sprint Hurdles Long/Triple Jump (f) Shot Putt (f) Javelin (m) Long Jump (m) 1500m 200m</p>
<p><u>21st July</u> Steeplechase Shot Putt (f) High Jump (f) Discus (m) Long Jump (m) 100m RELAYS</p>	<p><u>28th July</u> 800m Long/Triple Jump (f) Javelin (m) Triple Jump (m) Shot Putt (f) 200m 300/400m</p>	<p><u>4th August</u> 300/400m Hurdles Long Jump (f) Shot Putt (m) High Jump (m) Discus (f) 100m 1500m</p>

NOTE: LEAGUE RULES FOR 2004 (CLUB CHAMPS 26/5 & 16/6)

Maximum of 3 events per week * No more than 2 track or field events per evening

All age groups eligible for the League * 8 out of 12 competition nights must be completed to be eligible for League awards

Prize presentation in September: look out for details

U15 boys and Under 17 ladies not allowed in 400mH, steeplechase or 5000m

U13 boys not allowed in Triple Jump, 400mH, steeplechase, hammer or 5000m

U13 & U15 girls not allowed in 300/400m, 300/400mH, s/chase, hammer, 3/5000m or triple jump

In all high jump competitions only 7 attempts will be allowed - make sure you choose a sensible starting height