

Manx Harriers Track and Field League 2011

Under 13 and upwards Programme

Promoted by Manx Harriers at the NSC

<p><u>13th. April</u> 1500/800m/1200m Discus (m) High Jump (f) Long Jump (m) Shot Putt (f) 200m/150m 100m/75m Hammer (m&f)</p>	<p><u>20th. April</u> 300/400m Hurdles Shot Putt (m) Discus (f) Long Jump (f) High Jump (m) 100m 800m</p>	<p><u>27th. April</u> Sprint Hurdles Long/Triple Jump (f) Shot Putt (f) Javelin (m) Long/Triple Jump (m) 200m/150m 1500m 300/400m</p>
<p><u>11th. May</u> 800m Hammer (m & f) Long Jump (f) Long Jump (m) Javelin (f) 100m/75m Shot Putt (m) 1 mile walk</p>	<p><u>18th. May</u> 1500/3/5000m Discus (m) High Jump (f) Long Jump (m) Shot Putt (f) 200m 300/400m</p>	<p><u>25th. May</u> Steeplechase/800m Javelin (f) Long/Triple Jump (m) Long Jump (f) Shot Putt (m) Hammer (m & f) 100m</p>
<p><u>22nd. June</u> Mile* (separate mile U13/15) Discus (f) Shot Putt (m) High Jump (m) Long Jump (f) 100m *Steve Jacobs' mile U17up 300/400m</p>	<p><u>29th. June</u> 800m Shot Putt (f) High Jump (f) Discus (m) Long Jump (m) 100m</p>	<p><u>6th. July</u> Sprint Hurdles Long/Triple Jump (f) Shot Putt (f) Javelin (m) Long Jump (m) 1500m 200m 1 mile walk</p>
<p><u>13th. July</u> 800m Long/Triple jump (f) Hammer (m&f) Long/Triple Jump (m) Javelin (f) Shot Putt (m) 200m</p>	<p><u>20th. July</u> 1500/800m Long/Triple Jump (f) Javelin (m) Long/Triple Jump (m) Shot Putt (f) 200m 300/400m</p>	<p><u>27th. July</u> 300/400m Hurdles Long Jump (f) Shot Putt (m) High Jump (m) Discus (f) 100m 1500/3000m</p>

Note : League Rules 2011

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

The registration table will be open 6pm to 7.30pm.

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

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

U13 & U15 girls not allowed in 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

Club Champs - 03/08 10-Aug

IOM AA Opens 02/05, 13/06 & 15

IOM T&F Champs 23 & 24/07

25th March - Signing on Event Union Mills FC Clubhouse.