

Manx Harriers Track and Field League 2011

Under 9 and Under 11 Programme and Under 7 Open Events

Promoted by Manx Harriers at the NSC

<p><u>13th. April</u></p> <p>Under 9s Long Jump 75 metres 200 metres</p> <p>Under 11s Cricket Ball 75 metres 800 metres</p> <p>Under 7s 50m/Standing LJ</p>	<p><u>20th. April</u></p> <p>Under 9s Cricket Ball 200 metres 600 metres</p> <p>Under 11s Long Jump 200 metres 600 metres</p> <p>Under 7s 75m/Throw</p>	<p><u>27th. April</u></p> <p>Under 9s Long Jump 100 metres 800 metres</p> <p>Under 11s Cricket Ball 100 metres 800 metres</p> <p>Under 7s 100m/Standin LJ</p>
<p><u>11th. May</u></p> <p>Under 9s Cricket Ball 200 metres 600 metres</p> <p>Under 11s Long Jump 200 metres 600 metres</p> <p>Under 7s 50m/Throw</p>	<p><u>18th. May</u></p> <p>Under 9s Long Jump 75 metres 800 metres</p> <p>Under 11s Cricket Ball 75 metres 800 metres</p> <p>Under 7s 75m/Standing LJ</p>	<p><u>25th. May</u></p> <p>Under 9s Cricket Ball 100 metres 600 metres</p> <p>Under 11s Long Jump 100 metres 1500 metres</p> <p>Under 7s 100m.Throw</p>
<p><u>22nd. June</u></p> <p>Under 9s Long Jump 200 metres 800 metres</p> <p>Under 11s Cricket Ball 200 metres 800 metres</p> <p>Under 7s 50m/Standing LJ</p>	<p><u>29th. June</u></p> <p>Under 9s Cricket Ball 75 metres 600 metres</p> <p>Under 11s Long Jump 75 metres 600 metres</p> <p>Under 7s 75m/Throw</p>	<p><u>6th. July</u></p> <p>Under 9s Long Jump 100 metres 800 metres</p> <p>Under 11s Cricket Ball 100 metres 1500 metres</p> <p>Under 7s 100m/Standing LJ</p>
<p><u>13th. July</u></p> <p>Under 9s Cricket Ball 200 metres 600 metres</p> <p>Under 11s Long Jump 200 metres 600 metres</p> <p>Under 7s 50m/Throw</p>	<p><u>20th. July</u></p> <p>Under 9s Long Jump 75 metres 800 metres</p> <p>Under 11s Cricket Ball 75 metres 800 metres</p> <p>Under 7s 75m/Standing LJ</p>	<p><u>27th. July</u></p> <p>Under 9s Cricket Ball 100 metres 600 metres</p> <p>Under 11s Long Jump 100 metres 600 metres</p> <p>Under 7s 100m/Throw</p>

Points to Note and Remember

Manx Harriers Club Champs 03/08 & 10/08)

Start time 6.15pm

The Registration Table will only be open 6 to 7.30pm on League nights.

Only 2 attempts will be allowed in Field events

8 out of 12 competition nights must be completed to be eligible for League awards

Under 7 events are fun and open - they are not part of the league.

Parents are expected to stay and support

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