

MID LANCS LEAGUE... DATES AND TIMETABLE!

Blackpool 21/04. Burnley 26/05. Preston 30/06. Litherland 28/07. Hyndburn 11/08. Wigan 25/08

Transport can be arranged organise at training who is going to each competition, in order to access a lift if necessary.

Track Events					
800 metres	male	under 13	under 15	under 17	senior
	female	under 13	under 15	under 17	senior
100 metres	male	senior	under 17	under 15	under 13
	female	senior	under 17	under 15	under 13
300 metres	female	under 17	under 15		
400 metres	female	senior			
	male	under 15	under 17	senior	
1500 metres	female	under 13	under 15	under 17	senior
	male	under 13	under 15	under 17	senior
200 metres	female	senior	under 17	under 15	under 13
	male	senior	under 17	under 15	under 13
3000 metres	male & female under 15 +				
Relays	at meetings 1 / 3 / 5 females go first: at meetings 2 / 4 males go first				
4 x 100m	female	under 13	under 15	under 17	senior
	male	under 13	under 15	under 17	senior
4 x 400m	under 17/senior women		under 17/senior men		

FIELD EVENTS: Hammer starts at 12 noon then javelin @1 PM; @ meetings 2 / 4, 1st event after hammer is discus.

Field event					
Hammer	male	senior	under 17	under 15	
	female	senior	under 17		
Javelin	male	senior	under 17	under 15	
	female	senior	under 17	under 15	
High jump	male	senior	under 17	under 15	under 13
	female	senior	under 17	under 15	under 13
Long jump	female	under 13	under 15	under 17	senior
	male	under 13	under 15	under 17	senior

Discus	female	under 15	under 17	senior	
	male	under 15	under 17	senior	
Shot	male	under 13	under 15	under 17	senior
	female	under 13	under 15	under 17	senior
Triple jump	male	under 17	senior		
	female	under 17	senior		