



UK YOUTH DEVELOPMENT LEAGUE

Upper Age Group Timetable 2024 - option for Premier Divisions

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
12:45	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
13:20	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
14:15	110m Hurdles	U20 Men	A followed by B
14:30	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
15:10	2000m S/Ch	U20 Men	A & B String
15:20	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
16:00	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
16:15	4 x 100m R	U17 Women
	4 x 100m R	U17 Men
	4 x 100m R	U20 Women
	4 x 100m R	U20 Men
16:35	1500m S/Ch	Women - All
16:50	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
10:45	Hammer*	Men & Women
11:45		
11:15	Long Jump	Men
12:00	Pole Vault	Men & Women
12:45	Shot	Women
	Discus	Men
13:00	Long Jump	Women
13:30	High Jump	Men
13:45	Discus	Women
14:00	Shot	Men
14:45	Triple Jump**	Men & Women
15:30		
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 at the times showing.

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