**Norfolk Schools Athletics Championships Timetable 2016**

**Junior Boys/Girls JB/JG – Years 8 and 9**

**Inter Boys/Girls IB/IG – Years 10 and 11**

**Senior Boys/Girls SB/SG – Years 12 and 13**

**Track Timetable Field Timetable**

**11.00am**

T1. Inter Girls 300m Hurdles Final **10.30am**

T2 Inter Boys 400m Hurdles Final F1. Hammer All ages

T3 Senior Boys 400m Hurdles Final F2 High Jump Junior Girls

**11.20am** F3 Long Jump Inter/Senior Boys

T4 Junior Girls 100m 3 Heats

T5 Junior Boys 100m 4 Heats **11.00am**

T6 Inter Girls 100m 2 Heats F4 Discus Junior Boys

T7 Inter Boys 100m 3 Heats

**11.55am**

T8 Junior Boys 300m 2 Heats **11.30am**

T9 Inter Girls 300m 2 Heats F5 Triple Jump JBoys IBoys SBoys

T10 Inter Boys 400m 2 Heats F6 Javelin Inter/Senior Boys

T11 Senior Boys 400m Final F7 High Jump Inter Girls

T12 Senior Girls 400m Final

**12.25pm**

T13 Junior Girls 800m 2 Heats **12.30pm**

T14 Junior Boys 800m 2 Heats F8 Javelin Junior Boys

T15 Inter Girls 800m Final F9 Shot Putt Inter Boys

T16 Inter/Senior Boys 800m Final F10 Long Jump Junior Girls

T17 Senior Girls 800m Final

**1.20pm**

T18 Junior Girls 100m Final **1.30pm**

T19 Junior Boys 100m Final F11 High Jump Junior Boys

T20 Inter Girls 100m Final F12 Shot Putt Junior Boys

T21 Inter Boys 100m Final F13 Discus JGirls IGirls SGirls

T22 Senior Girls 100m Final

T23 Senior Boys 100m Final

**1.50pm**

T24 Junior Boys 300m Final

**Track timetable continued**

T25 Inter Girls 300m Final **Field timetable continued**

T26 Inter Boys 400m Final

**2.10pm**

T27 Inter/Senior Boys 3000m Final **2.30pm**

**2.30pm** F14 Javelin Inter/ Senior Girls

T28 Junior Girls 200m 3 Heats F15 Triple Jump Inter/ Senior Girls

T29 Junior Boys 200m 3 Heats F16 High Jump Inter/ Senior Boys

T30 Inter Girls 200m 2 Heats

T31 Inter Boys 200m 3 Heats

**3.10pm**

T32 Junior Girls 800m Final **3.30pm**

T33 Junior Boys 800m Final F17 Shot Putt J Girls/ I Girls/ S Girls

**3.25pm** F18 Javelin Junior Girls

T34 Junior Girls 1500m Final F19 Long Jump Junior Boys

T35 Junior Boys 1500m Final

T36 Inter/Senior Girls 1500m Final

T37 Inter Boys 1500m Final **4.20pm**

T38 Senior Boys 1500m Final F20 Discus Inter/ Senior Boys

**3.55pm** F21 Long Jump Inter/ Senior Girls

T39 Junior Girls 75m Hurdles Final F22 Pole Vault Inter Girls

T40 Inter Girls 80m Hurdles Final **Track and Field Arrangements**

T41 Junior Boys 80m Hurdles Final If 2 Heats then first 2 and 4 fastest losers

T42 Inter Boys 100m Hurdles Final If 3 Heats then first 2 and 2 fastest losers

**4.25pm** If 4 Heats then first 1 and 4 fastest losers

T43 Junior Girls 200m Final

T44 Junior Boys 200m Final If insufficient runners for heats then a straight final will be run

T45 Inter Girls 200m Final at the time of the heat.

T46 Inter Boys 200m Final

T47 Senior Girls 200m Final

T48 Senior Boys 200m Final In field events each athlete will qualify for 4 jumps or throws.

**4.45pm**

T49 Inter Boys 1500m Steeplechase Final

T50 Senior Boys 2000m Steeplechase Final