



TRACK

ALL events at The Canterbury High School Track

70 Hdles	u13 Fem	Thursday 15 September	6.00 pm
75 Hdles	u13 M u15 Fem	Thursday 15 September	6.10 pm
80 Hdles	u15 M u17 Fem	Thursday 15 September	6.20 pm
100 Hdles	u17M u20 Fem SL VL	Thursday 15 September	6.30 pm
110 Hdles	u20M SM VetM	Thursday 15 September	6.40 pm
300 Hdles	u17 Fem only	* Sunday 25 September	1.05 pm
400 Hdles	u-20, Sen, Vet (M & F) + u17M	* Sunday 25 September	1.00 pm
100 m	ALL AGES M & F (not u-11)	* Sunday 25 September	1.30 pm
200 m	ALL AGES M & F (not u-11)	* Sunday 25 September	2.30 pm
300 m	All ages M & F (not under 11)	Tuesday 17 May - part of IEK Open	6.45 pm
400 m	u15 u17 u20 only (not u-13 or u-11)	Tuesday 17 May - part of IEK Open	7.30 pm
400 m	Seniors & Vets obnly - M & F	* Sunday 25 September	1.50 pm
800 m	u13 + u15 (not under 11)	Thursday 22 September	6.30 pm
800 m	u-17 and older (not under 15 or younger)	Thursday 22 September	6.45 pm
1500 m	ALL AGES M & F (not u-11)	* Sunday 25 September	1.10 pm
MILE	u13 only M & F (not under 11)	Tues 20 Sept - part of IEK Open	7.00 pm
MILE	u-15 and older M & F (not u-13)	Tues 20 Sept - part of IEK Open	7.00 pm
3000 m	u-15 only (not u13 or u11) M & F	Thursday 15 September	7.00 pm
3000 m	u-17 and older (not under 15 or younger)	Thursday 15 September	7.15 pm
5000 m	All ages M & F (not u-15 or younger)	Tuesday 19 July - part of IEK Open	7.30 pm
10000 m	u-20 Senior Vet (not u17 or younger)	Weds 15 June - part of Kent Champs	7.30 pm
1500 S/ch	u17 M + u20 Fem, SL, Vet L	* Sunday 25 September	2.10 pm
2000 S/ch	u20 M + Vet M	* Sunday 25 September	2.00 pm
3000 S/ch	SM	* Sunday 25 September	2.20 pm
Mixed Relays pm	ALL - mixed distances teams sorted on the day	* Sunday 25 September	2.50 pm

FIELD

Shot	ALL M & F (not under 11)	* Sunday 25 September	1.00 pm
Discus	u13 + u15 M & F (not under 11)	Tuesday 21 June - part of IEK Open	7.15 pm
Discus	u-17 and older (not under 15) M & F	* Sunday 25 September	1.45 pm
Javelin	u13 + u15 M & F (not under 11)	Thursday 15 September	6.30 pm
Javelin	u17 and older (not u15 or younger)	Thursday 15 September	7.00 pm
Hammer	u-15 up - (not u-13 or u-11)	* Sunday 25 September	2.30 pm
High Jump	u13 + u15 M & F (not under 11)	Tues 20 Sept - part of IEK Open	6.30 pm
High Jump	u17 and older (not u15 or younger)	Tues 20 Sept - part of IEK Open	7.00 pm
Long Jump	u13 + u15 M & F (not under 11)	Tuesday 19 July - part of IEK Open	6.30 pm
Long Jump	u17 and older (not u15 or younger)	Tuesday 19 July - part of IEK Open	7.15 pm
Triple Jump	u17 and older (not u15 or younger)	Thursday 22 September	7.00 pm

under-11s

70	All u-11s	Sunday 25 September	11.00 am
150	All u-11s	Sunday 25 September	10.00 am
400	All u-11s	Sunday 25 September	11.20 am
Long Jump	Yrs 3 & 4	Sunday 25 September	10.40 am
Long Jump	Yrs 5 & 6	Sunday 25 September	10.20 am
Throw a ball	Yrs 3 & 4	Sunday 25 September	10.20 am
Throw a ball	Yrs 5 & 6	Sunday 25 September	10.40 am

* indicates event on Main Day - Sunday 25 September