

# Wessex League Gala

## August 6<sup>th</sup> 2006

### TRACK

All times are provisional.

|       |       |                                     |
|-------|-------|-------------------------------------|
| 11.30 | 200mH | U15B U15G U17W U17M                 |
| 11.50 | 100m  | U13B U13G<br>U15B U15G<br>U17M U17W |
| 1.00  | 75m   | U11B U11G                           |
| 1.30  | MILE  | U13B U13G<br>U15B U15G<br>U17M U17W |

#### Relays

|      |                      |                  |
|------|----------------------|------------------|
| 2.15 | 4x75m                | U11B U11G        |
| 2.30 | 100m,100m,300m,300m  | U13/U13/U15/U17W |
| 2.50 | 100m,100m,400m,400m, | U13/U13/U15/U17M |
| 3.10 | 3x800m               | U13/U15/U17W     |
| 3.40 | 3x800m               | U13/U15/U17M     |

There may be finals for 75m, 100, 200mH

In the medley and 800m relays you may replace an U17 with an U15.

You may enter more than one team.

### FIELD

|       |                |               |
|-------|----------------|---------------|
| 11.30 | Hammer         | All Ages      |
| 11.30 | High Jump      | U11G          |
| 11.30 | Ball Throw     | U11B          |
| 11.30 | Team Shot      | Girls Group A |
| 11.30 | Team Long Jump | Girls Group B |
| 12.30 | Team Shot      | Boys Group A  |
| 12.30 | Team Long Jump | Boys Group B  |
| 2.00  | Team Shot      | Girls Group B |
| 2.00  | Team Long Jump | Girls Group A |
| 2.30  | Ball Throw     | U11G          |
| 2.30  | High Jump      | U11B          |
| 2.30  | Discus         | All Ages      |
| 3.00  | Team Shot      | Boys Group B  |
| 3.00  | Team Long Jump | Boys Group A  |

Team of 3 – U13/U15/U17

You may replace an U17 with an U15

You may enter more than one team

3 attempts each – best added together

Each age will throw the appropriate weight shot

