



AIS League Match 1

Friday 18th October 2024



TRACK		
Race Time	Age Group	Event
17:00	U9 B	1000m
17:00	U11 B	1000m
17:00	U9 G	1000m
17:00	U11 G	1000m
17:10	U13 B	1000m
17:10	U13 G	1000m
17:20	U9 B	60m
17:25	U9 G	60m
17:30	U11 B	60m
17:35	U11 G	60m
17:40	U13 B	80m
17:45	U13 G	80m
18:00	U9 B	300m
18:05	U9 G	300m
18:10	U11 B	300m
18:15	U11 G	300m
18:20	U13 B	300m
18:25	U13 G	300m

Under 9s, U11 + U13

18:30	U15 B	100m
18:35	U15 G	100m
18:40	U17 B	100m
18:45	U17 G	100m
18:50	U20 G & Seniors W	100m
18:55	U20 B & Seniors M	100m

U15 - Seniors

19:00	U9 B	150m
19:05	U9 G	150m
19:10	U11 B	150m
19:15	U11 G	150m
19:20	U13 B	150m
19:25	U13 G	150m

U9, U11 + U13

19:30	U15 B	400m
19:35	U15 G	400m
19:40	U17 G	400m
19:55	U17 B	400m
20:00	U20 G & Seniors W	400m
20:05	U20 B & Seniors M	400m

U15 - Seniors

20:15	U15 B	1500m
20:15	U17 B	1500m
20:15	U20 B & Seniors M	1500m
20:25	U15 G	1500m
20:25	U17 G	1500m
20:25	U20 G & Seniors W	1500m
20:30	U15 B	200m
20:35	U15 G	200m
20:40	U15 B	200m
20:45	U17 G	200m
20:50	U20 G & Seniors W	200m
20:55	U20 B & Seniors M	200m

U15 - Seniors

FIELD		
Start Time	Age Group	Event
17:00 - 17:45	U11 B	Shot Put
17:00 - 17:45	U11 G	Shot Put
17:00 - 17:45	U9 B	Javelin
17:00 - 17:45	U9 G	Javelin
17:00 - 17:45	U13 B	Long Jump
17:00 - 17:45	U13 G	Long Jump
17:15 - 18:30	U15, U17, U20s Men	High Jump
17:15 - 18:30	U15, U17, U20s Women	High Jump
17:45 - 18:30	U13 B	Javelin
17:45 - 18:30	U13 G	Javelin
17:45 - 18:30	U11 B	Long Jump
17:45 - 18:30	U11 G	Long Jump
18:30 - 19:15	U9 B	Long Jump
18:30 - 19:15	U9 G	Long Jump
18:30 - 19:15	U13 B	High Jump
18:30 - 19:15	U13 G	High Jump
18:30 - 19:15	U15 & U17 B	Shot Put
18:30 - 19:15	U15 & U17 G	Shot Put
18:30 - 19:15	U20 B & Seniors M	Javelin
18:30 - 19:15	U20 G & Seniors W	Javelin
19:00 - 19:45	U11 B	Javelin
19:00 - 19:45	U11 G	Javelin
19:15 - 19:45	U13 B	Shot Put
19:15 - 19:45	U13 G	Shot Put
19:15 - 20:00	U15 & U17 B	Long Jump
19:15 - 20:00	U15 & U17 G	Long Jump
19:45 - 20:30	U20 B & Seniors M	Shot Put
19:45 - 20:30	U20 G & Seniors W	Shot Put
19:45 - 20:15	U11 B	High Jump
19:45 - 20:15	U11 G	High Jump
20:00 - 20:30	U20 B & Seniors M	Long Jump
20:00 - 20:30	U20 G & Seniors W	Long Jump
20:30 - 21:00	U15 & U17 G	Javelin
20:30 - 21:00	U15 & U17 B	Javelin

Important Information

- Timetable is a guideline only and is subject to change
- Athletes must report for each event **15 minutes before** the start time above
- Heats for long distance events may be merged depending on participant numbers
- In the case of a clash between track & field events, **athletes must register for their field event with the official, before proceeding to the track event.** They can return to the field event at the next earliest opportunity
- League Points will be awarded for each age group & gender separately & are not affected even if age groups or genders are mixed