



Timetable from Last Year

Where possible events will follow same schedule as last year, but this is subject to change according to number of entries for each event and other factors which may impact the running of the event.

A full timetable will be published once entries have closed.

New for this year: The 1500m in the masters categories will be replaced by a 1 mile race

2018 Norfolk County Track & Field Championships Track Timetable - All to 2018-2020 UKA Rules

Saturday 12th May 2018:

Start	Event	Heat/Final	Age Group(s)
10:00	70H	Heats	U13G
10:10	110H	Final	U20 / SM
10:20	100H	Final	U17M/ SW / U20W
10:30	80H	Final	U17W/U15B/ M60 (7m spacings)
10:40	75H	Final	U15G
10:50	75H	Final	U13B
11:00	70H	Final	U13G
11:05	80m	Heats	U11B QK
11:15	80m	Heats	U11G QK
11:25	400m WC		Wheelchair event
11:30	300m	Heats	U15G
11:40	300m	Heats	U15B
11:55	400m	Heats	U17M
12:00	400m	Final	U20 / SM
12:05	400m	Final	SW/U20W
12:10	400m	Final	Vet men
12:15	400m	Final	Vet women
12:30	100m	Heats	U13G
12:45	100m	Heats	U13B
12:55	100m	Heats	U15G
13:05	100m	Heats	U15B
13:15	3K S/Chase	Final	SM/M35
Track Break			
14:00	600m	Heats	U11B QK
14:05	600m	Heats	U11G QK
14:15	400m	Final	U17M
14:25	300m	Final	U17W
14:30	300m	Final	U15G
14:35	300m	Final	U15B
14:45	1500m	Final	U13G
14:55	1500m	Final	U13B
15:05	1500m	Final	U15G
15:15	1500m	Final	U15B
15:25	1500m	Final	U17W/U20W/SW/VET W
15:35	1500m	Final	U17M/U20M
15:45	1500m	Final	SM/VET M
16:00	100m	Final	IPC athletes
16:05	100m	Final	SM
16:10	100m	Final	vet m
16:15	100m	Final	U20W/SW
16:20	100m	Final	Vet W
16:25	100m	Final	U20M
16:30	100m	Final	U17W
16:35	100m	Final	U17M
16:40	100m	Final	U13G
16:45	100m	Final	U13B
16:50	100m	Final	U15G
16:55	100m	Final	U15B

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LAST
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Sunday 13th May 2018:

Start	Event	Heat/Final	Age Group(s)
10:30	5K	Final	U20M / SM / M35 / M40/ M45
11:00	100m	Final	Special Olympics
11:30	200m	Heats	U13G
11:40	200m	Heats	U13B
11:50	200m	Heats	U15G
12:00	200m	Heats	U15B
12:10	200m	Heats	U17M
12:25	5K	Final	SW/W45/W50/M50/M55/M60
13:00	50m	Final	Special Olympics
*** Track break ***			
14:00	200m	Final	U20 / Vet Men
14:05	200m	Final	SW/Vet W
14:10	200m	Final	SM
14:15	200m	Final	U17W / U20W
14:20	200m	Final	U13B
14:25	200m	Final	U13G
14:30	200m	Final	U15B
14:35	200m	Final	U15G
14:40	200m	Final	U17M
14:45	200m	Final	SOS
14:55	3000m	Final	U15B/U15G/U17M/U17W
15:15	300H	Final	U17W
15:25	400H	Final	U20/Vet W
15:40	400H	Final	U17M/SM/M45
15:50	800m	Final	U13B
15:55	800m	Final	U13G
16:00	800m	Final	U15B
16:05	800m	Final	U15G
16:10	800m	Final	U17M
16:15	800m	Final	U17W
16:20	800m	Final	U20M/SM/Vet M
16:25	800m	Final	U20W/SW/VetW
16:40	1500m S/C	Final	U20W/SW/W45/M60

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2018 Norfolk County Track & Field Championships
Field Timetable - All to 2018-2020 UKA Rules

Saturday 12th May 2018:

Start	Event	Age Group(s)
10:00	Hammer:	U20M, all Snrs & Masters
10:00	Long Jump:	U13B
10:45	High Jump:	U13B & U13G
11:15	Hammer	U13 to U17 M/F
11:30	Long Jump	U15B & U17W +2 x IPC
12:00	S/ Long Jump:	U11Boys
12:30	S/ Long Jump:	U11 Girls
12:30	Shot	Male U17 upwards
12:30	Discus:	U13's
13:15	High Jump	U15G
13:00	Howlers:	U11Boys
13:30	Howlers:	U11Girls
14:15	Seated Javelin	IPC
14:00	Discus	Male U15 upwards
14:15	Shot	Female U17 upwards
15:15	Shot	U13G & U15G
15:30	Pole vault	All
15:30	Long Jump:	U17M, U20 M&F upwards + 2 x IPC
16:00	Discus:	Female U15 upwards

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Sunday 13th May 2018:

10:30	High Jump:	Male U17M upwards	
10:30	Javelin:	U13B, U15B & U17M	
10:30	Long Jump:	U15G	Pit 2 (far end)
11:45	Soft Ball:	SO	
12:00	Long Jump:	U13G	Pit 2
12:45	Turbo Jav & Shot	SO	
12:45	Javelin:	U13G, U15G & U17W	
13:00	High Jump:	U15B, U17W, U20W & SW	
14:00	Triple Jump	U15's U17W & Masters	Pit 2
14:15	Long Jump:	SO	PIT 1
14:45	Javelin	M&F: U20 upwards	
15:30	Triple Jump	U17M, U20s & Snrs	Pit 2
15:45	Shot	U13B & U15B	