

**ISLE OF MAN TRACK & FIELD CHAMPIONSHIPS 2019**  
**SATURDAY 3rd AUG AT THE NSC DOUGLAS**  
**DAY ONE**

TRACK				FIELD			
T1	11.00	U13G	70mH (Final)	F1	10.15	U17M	Discus
T2	11.05	U13B	75mH (Final)	F2	10.15	JunM	Discus
T3	11.10	U15G	75mH (Final)	F3	10.15	SenM	Discus
T4	11.15	U17W	80mH (Final)	F4	10.15	U13G	Long Jump
T5	11.20	U15B	80mH (Final)	F5	10.15	U15G	Long Jump
T6	11.25	U17M	100mH (Final)	F6	10.15	U17W	Long Jump
T7	11.35	U11G	100m ( 2 Heats)	F7	11.00	U13G	Hammer
T8	11.45	U9G	100m (Final)	F8	11.00	U17W	Hammer
T9	11.50	U9B	100m (Final)	F9	11.00	JunW	Hammer
T10	11.55	U11B	100m (Final)	F10	11.00	SenW	Hammer
T11	12.00	U13G	100m (Final)	F11	11.00	JunW	Long Jump
T12	12.00	U15G	100m (Final)	F12	11.00	SenW	Long Jump
T13	12.05	U13B	100m (Final)	F13	12.15	U15B	Hammer
T14	12.10	U15B	100m (Final)	F14	12.15	U17M	Hammer
T15	12.15	U17M	100m (Final)		13.00		Medal Presentations
T16	12.15	JunM	100m (Final)	F16	13.45	U11B	Cricket Ball
T17	12.20	U11G	100m (Final) from hts	F17	13.45	U15B	Triple Jump
T18	12.25	U17W	100m (Final)	F18	13.45	U17M	Triple Jump
T19	12.25	SenW	100m (Final)	F19	13.45	JunM	Triple Jump
T20	12.30	SenM	100m (Final)	F20	13.45	SenM	Triple Jump
T21	12.40	JunW	1500m (Final)	F21	13.45	U13G	Shot Putt
T22	12.40	SenW	1500m (Final)	F22	13.45	U15G	Shot Putt
T23	12.50	JunM	1500m (Final)	F23	13.45	U17W	Shot Putt
T24	12.50	SenM	1500m (Final)	F24	13.45	JunW	Shot Putt
	13.00		Medal Presentations	F25	13.45	SenW	Shot Putt
T25	13.45	SenM	400m (2 Heats)	F26	14.30	U9B	Cricket Ball
T26	13.55	U11G	1200m (Final)	F27	14.30	U17M	High Jump
T27	14.05	U15G	1500m (Final)	F28	14.30	JunM	High Jump
T28	14.15	U15B	1500m (Final)	F29	14.30	SenM	High Jump
T29	14.25	U13G	1500m (Final)	F30	14.30	U11G	Long Jump
T30	14.35	U13B	1500m (Final)	F31	15.15	U13G	Javelin
T31	14.45	U11B	1500m (Final)	F32	15.15	U15G	Javelin
T32	14.55	U15G	300m (Final)	F33	15.15	U13B	High Jump
T33	15.00	U15B	300m (Final)	F34	16.00	U9G	Long Jump
T34	15.05	U17W	300m (Final)	F35	16.00	U17W	Javelin
T35	15.20	U11G	75m (2 Heats)	F36	16.00	JunW	Javelin
T36	15.30	U9G	600m (Final)	F37	16.00	SenW	Javelin
T37	15.40	U9B	600m (Final)	F38	16.30	U13B	Discus
T38	15.45	U17M	1500msc (Final)	F39	16.30	U15B	Discus
T39	15.55	SenM	3000msc (Final)	F15	16.30	SenM	Hammer
T40	16.10	JunW	400m (Final)				
T41	16.10	SenW	400m (Final)				
T42	16.15	U17M	400m (Final)				Medal presentations
T43	16.15	JunM	400m (Final)				
T44	16.20	SenM	400m (Final) from hts				
T45	16.25	U11B	75m Final				
T46	16.30	U11G	75m (Final) from hts				
			Medal presentations				