

ISLE OF MAN TRACK & FIELD CHAMPIONSHIPS 2019
SUNDAY 4th AUG AT THE NSC DOUGLAS
DAY TWO

			TRACK				FIELD
T1	11.00	U17W	300mH (Final)	F1	10.15	U15G	Discus
T2	11.10	SenM	400mH (2 Heats)	F2	10.15	U17W	Discus
T3	11.20	U17M	400mH (Final)	F3	10.15	JunW	Discus
T4	11.20	SenW	400mH (Final)	F4	10.15	SenW	Discus
T5	11.20	JunM	400mH (Final)	F5	10.15	U15B	Long Jump
T6	11.25	U11G	200m (3 Heats)	F6	10.15	JunM	Long Jump
T7	11.35	U13G	200m (2 Heats)	F7	10.15	SenM	Long Jump
T8	11.45	U9G	75m (2 Heats)	F8	11.00	U13B	Shot Putt
T9	11.50	U9B	75m Final	F9	11.00	U15B	Shot Putt
T10	12.00	U11G	1km Walk	F10	11.00	U13B	Long Jump
T11	12.00	U11B	1km Walk	F11	12.00	U13G	High Jump
T12	12.00	U13G	1km Walk	F12	12.00	U15G	High Jump
T13	12.20	U15G	3km Walk	F13	12.15	U13B	Javelin
T14	12.20	U17W	3km Walk	F14	12.15	U15B	Javelin
T15	12.20	SenW	3km Walk	F15	12.15	U17M	Javelin
T16	12.20	SenM	3km Walk		13.00		Medal Presentations
T17	12.50	SenM	400mH (Final) from hts	F16	14.00	U17M	Shot Putt
T18	12.55	U9G	75m (Final) from heats	F17	14.00	JunM	Shot Putt
	13.00		Medal Presentations	F18	14.00	SenM	Shot Putt
T19	13.45	U9G	200m (2 Heats)	F19	14.15	U9G	Cricket Ball
T20	13.50	U9B	200m (Final)	F20	14.15	U17W	Triple Jump
T21	13.55	U11G	200m (Final) from hts	F21	14.15	JunW	Triple Jump
T22	14.00	U11B	200m Final	F22	15.00	U11G	Cricket Ball
T23	14.05	U13G	200m (Final) from hts	F23	15.00	U11B	Long Jump
T24	14.10	U13B	200m (Final)	F24	15.00	U13B	Pole Vault
T25	14.15	U15G	200m (Final)	F25	15.00	U17W	Pole Vault
T26	14.20	U15B	200m (Final)	F26	15.00	U17M	Pole Vault
T27	14.25	U17W	200m (Final)	F27	15.00	JunM	Pole Vault
T28	14.25	SenW	200m (Final)	F28	15.00	SenM	Pole Vault
T29	14.30	U17M	200m (Final)	F29	15.45	U13G	Discus
T30	14.35	U15B	3000m Final	F30	15.45	U9B	Long Jump
T31	14.35	U15G	3000m Final				
T32	14.55	U9G	200m (Final) from heats				
	15.00		Medal Presentations				
T33	15.25	SenW	5000m Final		16.45	All Age	3 Legged Race
T34	15.25	SenM	5000m Final		17.00	Medal	Presentations
T35	15.50	U11G	600m (Final)				Victrix/Victor Ludorum presentations
T36	16.05	U11B	600m (Final)				
T37	16.10	U13G	800m (Final)				
T38	16.15	U13B	800m (Final)				
T39	16.20	U15B	800m (Final)				
T40	16.20	U17M	800m (Final)				
T41	16.25	U17W	800m (Final)				
T42	16.25	JunW	800m (Final)				
T43	16.25	SenW	800m (Final)				
T44	16.30	JunM	800m (Final)				
T45	16.30	SenM	800m (Final)				
	16.45	All Age	3 Legged Race				
	17.00	Medal	Presentations				