

# Isle of Man Athletics Track and Field League Programme 2020

Sponsored by Newfield

	<u>22nd April</u>	<u>6th May</u>	<u>20th May</u>	<u>24th June</u>	<u>8th July</u>	<u>22nd July</u>
<b>Under 13+</b>	Shot Putt (m) Long Jump (f) Discus (f) High Jump (m) 100m 1200m (U13g) 1500m 300m/400m Hurdles 3/5000m	Polevault (m & f) Discus (m) High Jump (f) Javelin (f) Long Jump (m) 150m (U13g) 200m 800m Sprint Hurdles Mile Run	Long Jump (U13 & U15 m/f) Triple Jump (U17+ m&f) Hammer (m & f) High Jump (m) Shot Putt (f) 100m 300m/400m 1200m (U13g) 2km Steeplechase	Discus (f) Javelin (m) Shot Putt (m) Long Jump (f) 150m (U13g) 200m 300m/400m Hurdles 800m 3/5000m	Hammer (m & f) Discus (m) Long Jump (m) Shot Putt (f) High Jump (f) 100m 1200m(U13g) 1500m 1 mile/800m Walk Sprint Hurdles	Long Jump (U13 & U15 m/f) Triple Jump (U17+ m&f) Javelin (m & f) Polevault (m & f) 150m(U13g) 200m 300m/400m 800m Mile Run 2km Steeplechase

## IOM T & F Championships

27th and 28th June

## Northern Senior League Dates

2/5, 7/6, 12/7, 1/8

## UK Young Athletes League Dates

16/5, 6/6, 18/7, 8/8

## Manx Harriers Championships

23rd May and 24th May

## Western Athletic Club Championships

Included in Club Nights

## Northern Athletic Club Championships

11th July

**Start time 6.15pm**

The Registration Table will only be open 5.45pm to 7.30pm on League nights.

4 out of 6 competition nights must be completed to be eligible for League awards

## Note: League Rules 2020

Maximum of 3 events per week \* No more than 2 track or field events per evening

Events U13 girls: 75m,150m, 200m, 800m, 1200m, 1500m, 70mh, javelin, shot, discus, long jump and high jump

Events U13 boys: 100m, 200m, 800m, 1500m, 75mh, javelin, shot, discus, pole vault, long jump and high jump

Events U15 girls: 100m,200m, 300m, 800m, 1500m, 75mh, javelin, shot, discus, hammer, pole vault, long jump and high jump

Events U15 boys: 100m, 200m, 300m, 800m, 1500m, 3000m 80mh, javelin, shot, discus, hammer, pole vault, long jump, triple jump and high jump

Events U17 girls: 100m,200m, 300m, 800m, 1500m, 3000m, 80mh, 300mh, javelin, shot, discus, hammer, pole vault, long jump, triple jump and high jump

Events U17 boys: 100m,200m, 400m, 800m, 1500m, 3000m, 100mh, 400mh, javelin, shot, discus, hammer, pole vault, long jump, triple jump and high jump

Events U20/sen women: 100m,200m, 400m, 800m, 1500m, 3000m, 100mmh, 400mh, javelin, shot, discus, hammer, pole vault, long jump, triple jump and high jump

Events U20/sen men: 100m,200m, 400m, 800m, 1500m, 3000m, 110mh, 400mh, javelin, shot, discus, hammer, pole vault, long jump, triple jump and high jump