

Northern (Isle of Man) Athletics Club

Provisional Timetable for Club Championships Sat 1st July 2023

Event	Heat/ Final	Age Group Key	Pre-sign-in Estimated start time
Long Jump	Final	U11B	10:00 am
Long Jump	Final	U13B	10:00 am
Long Jump	Final	U15B	10:00 am
Long Jump	Final	U17B	10:00 am
50m Final	Final	U7B	10:00 am
50m Final	Final	U7G	10:05 am
Game	Final	U7G	10:15 am
Game	Final	U7B	10:15 am
75m Final	Final	U9B	10:15 am
75m Final	Final	U9G	10:15 am
100m Final	Final	U11G	10:25 am
100m Final	Final	U13G	10:30 am
100m Final	Final	U17G	10:30 am
100m Final	Final	U11B	10:35 am
100m Final	Final	U13B	10:35 am
Throw the Howler	Final	U7G	10:35 am
Throw the Howler	Final	U7B	10:35 am
100m Final	Final	U15B	10:40 am
100m Final	Final	U17B	10:40 am
1st Medal Presentation			
Long Jump	Final	U13G	11:00 am
Long Jump	Final	U11G	11:00 am
300M Final	Final	U15G	11:15 am
300M Final	Final	U15B	11:15 am
200m Final	Final	U7B	11:25 am
200m Final	Final	U7G	11:25 am
200m Final	Final	U9B	11:30 am
200m Final	Final	U9G	11:35 am
200m Final	Final	U11B	11:40 am
200m Final	Final	U13B	11:45 am
200m Final	Final	U15B	11:45 am
200m Final	Final	U17B	11:45 am
200m	Final	VM	11:45 am
200m Final	Final	U11G	11:50 am
2nd Medal Presentation, then Lunch Break			
200m Final	Final	U13G	1:05 pm
200m Final	Final	U17G	1:05 pm
200m	Final	JW	1:05 pm
Long Jump	Final	U9B	1:10 pm
Long Jump	Final	U9G	1:10 pm
Throw the Howler	Final	U11G	1:10 pm
Throw the Howler	Final	U11B	1:10 pm
1500m	Final	U13B	1:15 pm
1500m	Final	U15B	1:15 pm
1500m	Final	U17B	1:15 pm
1500m	Final	VM	1:15 pm
1500m	Final	U15G	1:15 pm
800m	Final	U15G	1:25 pm
800m	Final	U13B	1:25 pm
800m	Final	U15B	1:25 pm
Throw the Howler	Final	U9G	1:40 pm
Throw the Howler	Final	U9B	1:40 pm
High Jump	Final	U15G	2:05 pm
High Jump	Final	U13B	2:05 pm
600m	Final	U9G	2:10 pm
600m	Final	U11G	2:10 pm
Standing Long Jump	Final	U7G	2:10 pm
600m	Final	U9B	2:15 pm
600m	Final	U11B	2:15 pm
High Jump	Final	U15B	2:20 pm