

Isle of Man Athletics Track and Field League Programme 2020

Sponsored by Newfield

	<u>5th August</u>	<u>19th August</u>	<u>2nd September</u>
Under 13+	Shot Putt (m & f) Long Jump (m & f) Discus (m & f) U17 + High Jump (m & f) Hammer (m & f) 100m 300m/400m 1200m (U13g) 1500m 300m/400m Hurdles 3/5000m	Polevault (m & f) Discus (m+f) High Jump (m) Javelin (m & f) Shot Putt (m&f) Long Jump (f) 150m (U13g) 200m 300m/400m 800m Sprint Hurdles 1500m	Long Jump (m) Triple Jump (U17+ m&f) Hammer (m & f) High Jump (f) Javelin (m & f) Polevault (m&f) 100m 200m 800m 2km Steeplechase 3km Steeplechase Sprint Hurdles

Start time 6.15pm

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

ALL 3 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

IOM T & F Championships

12th and 13th September

Northern Senior League Dates

UK Young Athletes League Dates

Manx Harriers Championships

19th and 20th September

Western Athletic Club Championships

Included in Club Nights

Northern Athletic Club Championships

1st August