

CHESHIRE TRACK AND FIELD LEAGUE - Ashton-under-Lyne
Saturday 4th May 2019 11.45 **TIMETABLE - ROUND 1**

11.45 Mixed Men/ Ladies 3000m
12.15 Under 11 Girls 75m.
12:15 Under 11 Boys 75m
12:15 U13G/U15G/SW/U17W/ SW/
SM/U17M 100m
1:40 Under 13 Boys 200m
1:40 Under 15 Boys 200m
2:00 Under 11 Girls 600m
2:00 Under 11 Boys 600m

2:20 Under 13 Girls 800m
2:20 Under 13 Boys 800m
2:20 U17M / SMen 800m
2.20 Under 15 Girls 800m
3:20 Under 15 Boys 1500m
3:20 Under 17W / SWomen 1500m
3:50 Under 13 Girls 4x100 Relay
3:55 Under 13 Boys 4x100 Relay
4:00 Under 11 Boys 4x100m Relay

4:10 Under 15 Girls 4x100m Relay
4.15 U11 Girls 4x100m Relay
4:20 Under 15 Boys 4x100m Relay
4:25 Under 17W 4x100m Relay
4:30 Under 17 Men 4x100m Relay
4:35 SLadies 4x400m Relay
4:40 SMen 4x400m Relay

FIELD

12:00 SW / U17W Triple Jump
12:00 Under 15 Boys Discus
12:15 Under 13 Boys High Jump
12:45 Under 11 Girls Javelin
12:50 Under 15 Girls Shot
1:00 Under 11 Boys Long Jump / Under 13 Girls Discus
1:30 Under 15 Boys High Jump / Under 13 Girls Shot
1:40 SM / U17M Javelin
1.50 U15G High Jump
2:00 Under 15 Boys Long Jump
2:10 Under 13 Boys Shot
2:35 Under 13 Girls Long Jump / SW/U17W Javelin
3:05 SM/U17M High Jump / Under 11 Boys Javelin
3:20 Under 11 Girls Long Jump
3:20 Under 11 Girls Long Jump

DIRECTIONS

M56 then merge onto **M60**

At junction **23**, exit toward **A6140/Ashton-u-Lyne**

Turn slightly right onto Lord Sheldon Way / **A6140**

At the roundabout take the first exit and stay on Lord Sheldon Way / A6140

Turn left onto Richmond St. (just before Sainsburys)

Go through one roundabout and destination is on left.

East Cheshire Harriers & Tameside Athletic Club
Richmond Street
Ashton-under-Lyne OL7 9HG

Meet at the East Cheshire A.C. Track (see directions) **circa 11.30** and register. Please pre-enter by putting £3 in an envelope with your name on and give to your coach. Entries can be accepted on the day, but it helps enormously if you pre-enter.