

**CHESHIRE TRACK AND FIELD LEAGUE - Connah's Quay, Deeside A.C.**  
**Sunday 19<sup>th</sup> May 2013 12.00. TIMETABLE - ROUND 2**

12:00 Under 11 Girls 75m  
12:00 Under 11 Boys 75m  
12:15 Under 13 Boys 100m  
12:30 Under 15 Boys 100m  
12:40 Under 17 Mens 100m  
1.00 Mixed Men/ Ladies 3000m  
1:20 Under 13 Girls 200m  
1:30 Under 15 Girls 200m  
1:40 Ladies 200m  
1:50 Mens 200m

2:00 Under 11 Girls 600m  
2:00 Under 11 Boys 600m  
2:15 Under 13 Girls 800m  
2:30 Under 15 Girls 800m  
2:45 Ladies 800m  
3:00 Under 15 Boys 800m  
3:15 Under 13 Boys 1500m  
3:30 Under 17 Mens 1500m  
3:40 Mens 1500m  
3:50 Under 11 Girls 4x100 Relay

3:55 Under 11 Boys 4x100 Relay  
4:00 Under 13 Boys 4x100m Relay  
4:05 Under 15 Boys 4x100m Relay  
4:10 Under 17 Mens 4x100m Relay  
4:15 Under 13 Girls 4x100m Relay  
4:20 Under 15 Girls 4x100m Relay  
4:25 Ladies 4x400m Relay  
4:30 Mens 4x400m Relay

**FIELD**

11.30 Mens Hammer  
12:00 Ladies High Jump  
12:00 Mens Long Jump  
12:30 Under 11 's Long Jump (Boys & Girls)  
12:45 Under 15 Boys Shot  
1:20 Under 17 Mens Long Jump Under 13 Boys Discus  
1:30 Under 15 Boys High Jump Under 13 Girls Shot  
2:10 Under 15 Girls Long Jump Under 17 Mens Shot  
2.10 Under 15 Girls Javelin  
2:30 Under 13 Girls High Jump  
3:00 Under 13 Boys Long Jump Ladies Shot  
3.00 Under 11 Mixed Soft Javelin

Take M56 to Chester. At end of M56 continue on By-Pass Road A494.

Take the ramp to Flint / Chester A548. Merge onto A550. At the roundabout, take the 4<sup>th</sup> exit onto Shotwick Road A548.

At the roundabout take the 1<sup>st</sup> exit onto Weighbridge Road A548.

After you cross the River Dee, take the first exit at the roundabout towards Quay / Connah's B5129 onto Kelsterton Road. Deeside A.C. is on the right

Deeside College, Kelsterton Road, Connah's Quay, DEESIDE, **CH5 4BR**

Meet at the Deeside A.C. Athletics Track (see directions) **circa 11.30** and register with Pauline / Dave / Stuart.

Please see Stuart, Pauline or Dave to pre-enter. Entries can be accepted on the day, but it helps if you pre-enter. £2 for entry