

CHESHIRE TRACK AND FIELD LEAGUE - Salford Met. A.C.
Sunday 2nd September 2018 12.00. TIMETABLE - ROUND 4

11.45 Mixed Men / Ladies 3000m
 12:15 Under 11 Girls 150m
 12:15 Under 11 Boys 150m
 12:15 Under 13 Boys 100m
 12:15 Under 15 Boys 100m
 1:15 Under 13 Girls 200m
 1:15 Under 15 Girls 200m
 1:15 SM / U17M 200m
 1:15 SW / U17W 200m

2.00 Under 11 Girls 600m
 2.00 Under 11 Boys 600m
 2.20 Under 13 Girls 1200m
 2.35 Under 15 Boys 800m
 2.35 U17W / SW 800m
 3.05 Under 15 Girls 1500m
 3.05 Under 13 Boys 1500m
 3.05 Under 17M / SMen 1500m
 3.50 Under 13 Girls 4x100 Relay

3.55 Under 15 Boys 4x100 Relay
 4.00 Under 11 Girls 4x100m Relay
 4.10 Under 11 Boys 4x100m Relay
 4.15 Under 13 Boys 4x100m Relay
 4.20 Under 15 Girls 4x100m Relay
 4.25 Under 17W 4x100m Relay
 4.30 U17M 4x100m Relay
 4.35 SW 4x400m Relay
 4.40 SM 4x400m Relay

FIELD

12.00 U13 Girls High Jump; SW / U17W Hammer ; SM / U17M Long Jump
 12.45 Under 11 Girls Long Jump
 12.55 Under11 Boys Javelin
 1.00 U15 Boys High Jump
 1.15 Under 13 Boys Javelin
 1.25 Under 13 Girls Shot
 1.45 Under 15 Girls Long jump
 2.00 SM / U17M Discus
 2.10 SW / U17W High Jump; U15 Boys Shot
 2.35 Under 13 Boys Long jump
 2.50 Under 15 Girls Discus
 3.05 Under 11 Girls Javelin
 3.20 Under 11 Boys Long Jump

Meet at the Salford Met. A.C. Track (see directions) **circa 11.30** and register. Please pre-enter by putting £2 in an envelope with your name on and give to your coach. Entries can be accepted on the day in exceptional circumstances..

DIRECTIONS:
 M62 towards Leeds. At Junction 12 take M60 North (Bolton / Ring Road N / Leeds / M61 / M66 / M62

At Junction 13 take the exit A575/A572 to Worsley/Leigh/Swinton

At the roundabout, take the 3rd exit onto Worsley Brow / A572

At the roundabout, take the 2nd exit Barton Road / B5211. After approx 1 mile turn right to Blantyre St. At end of street take a left through a tunnel – track is on right on exiting tunnel. Parking limited.

Fit City Cleavley, Blantyre St., Winton, Eccles, M30 8HY