

**2024 NORTH OF ENGLAND TRACK AND FIELD CHAMPIONSHIPS - Middlesbrough**

**SATURDAY 8th JUNE 2024- DAY 1**

EVENT NO	TIME	EVENT	AGE GROUP	EVENT NO	TIME	EVENT	AGE GROUP
T01	11.30	400M	SM	F1	10.30	HAMMER	SM FINAL
T02	11.45	400M	SW	F2	10.30	HIGH JUMP	SW FINAL
T03	12.00	100M	SM	F3	11.00	TRIPLE JUMP	SM FINAL
T04	12.20	100M	SW	F4	11.00	TRIPLE JUMP	SW FINAL
T05	12.35	5000M	SM	F5	12.10	HAMMER	SW FINAL
T06	12.55	110M HURDLES	SM	F6	12.15	LONG JUMP	U20W FINAL
T07	13.00	110M HURDLES	U20M	F7	12.40	SHOT	SM FINAL
T08	13.10	100M HURDLES	SW	F8	13.40	DISCUS	U20W FINAL
T09	13.15	100M HURDLES	U20W	F9	13.40	DISCUS	U20M FINAL
T10	13.25	1500M	U20W	F10	13.40	LONG JUMP	U20M FINAL
T11	13.35	1500M	U20M	F11	14.00	POLE VAULT	U20M FINAL
T12	13.45	1500M	SW	F12	14.00	POLE VAULT	U20W FINAL
T13	13.55	1500M	SM	F13	14.20	SHOT	SW FINAL
T14	14.05	100M	SM	F14	14.45	HIGH JUMP	SM FINAL
		30 min track break		F15	14.50	JAVELIN	U20M FINAL
T15	14.45	3000M STEEPLE CHASE	SM	F16	14.50	JAVELIN	U20W FINAL
T16	15.00	400M	U20W				
T17	15.05	400M	SW				
T18	15.10	400M	U20M				
T19	15.15	400M	SM				
T20	15.20	100M	U20W				
T21	15.25	100M	U20M				
T22	15.30	100M	SW				
T23	15.35	100M	SM				

