**NORTHAMPTONSHIRE ATHLETIC ASSOCIATION**

**75th COUNTY TRACK & FIELD CHAMPIONSHIPS**

**SPONSORED BY HSBC**

**Saturday 13th & Sunday 14th May 2023**

**(Under UK Athletics Rules)**

**Including the Leicestershire & Rutland AA**

**Championships**

**PROVISIONAL TIMETABLE (at 9th March) ESTIMATED NO. OF RACES**

**DAY ONE TRACK FIELD**

11.00 2K WALK ( U13’S UPWARDS ) 1 11.00 Discus

11.20 70m, 75m, 80m, 100m Hurdles FINALS 6 11.30 Long Jump (U11B & U13B)

11.50 200m HEATS 10-12

1.00 150m U11 TIME TRIALS 5-6 12.30 High Jump (All Female)

1.30 800m HEATS 6-8 13.15 Long Jump (U15+ Male)

2.00 600m FINALS ( U11’S ) 3-4 14.00 Shot

2.20 200m FINALS 16 14.00 Pole Vault

3.40 800m FINALS 16

4.45 5000m FINAL ( U17’S UPWARDS ) 1-2

**DAY TWO**

11.00 300mH/400mH 11.00 Hammer

11.15 400m HEATS 2-4

11.30 300m FINALS ( U15’S + U17W ) 6 11.30 Long Jump (U11G & U13G)

11.45 100m HEATS 14-16 12.15 High Jump (All Male)

1.00 75m U11 TIME TRIALS 6 12.30 Javelin (Female)

1.30 400m FINALS 6 13.00 Long Jump (U15+ Female)

1.50 100m FINALS 16 14.00 Javelin (Male)

3.10 1200m FINALS ( U11’S ) 2 14.30 Triple Jump

3.25 1500m FINALS 12