Northamptonshire/Leciestershire & Rutland Athletic Association Track & Field Championships 2025 · 10/05/2025

Time	Gender	Event	Round	Age group
11:00	Girls	**70m Hurdles**	Final	U13
11:00	Boys	**Long Jump**	Final	U11
11:00	Mixed Adults & Youth	**Discus Throw (U20 and Older)**	Final	Multiple
11:07	Mixed Adults & Youth	**75m Hurdles (U13B and U15G)**	Final	Multiple
11:15	Mixed Adults & Youth	**80m Hurdles (U15B and U17W)**	Final	Multiple
11:22	Mixed Adults & Youth	**100m Hurdles (U17M and U20W)**	Final	Multiple
11:30	Men	**110m Hurdles**	Final	U20
11:30	Mixed Adults & Youth	**Shot Put (U13 & U15)**	Final	Multiple
11:40	Girls	**200m (NAA)**	Heat 1	U13
11:44	Girls	**200m (NAA)**	Heat 2	U13
11:48	Boys	**200m (NAA)**	Heat 1	U13
11:52	Boys	**200m (NAA)**	Heat 2	U13
12:00	Girls	**200m (NAA)**	Heat 1	U15
12:04	Girls	**200m (NAA)**	Heat 2	U15
12:08	Boys	**200m (NAA)**	Heat 1	U17
12:12	Boys	**200m (NAA)**	Heat 2	U17
12:15	Women & Girls	**High Jump (U13 and U15 Girls)**	Final	Multiple
12:15	Boys	**Long Jump**	Final	U13
12:20	Girls	**150m (Time Trials)**	Final A	U11
12:25	Girls	**150m (Time Trials)**	Final B	U11
12:30	Boys	**150m (NAA Time Trials)**	Final A	U11
12:30	Mixed Adults & Youth	**Discus Throw (U13 to U17)**	Final	Multiple
12:35	Boys	**150m (NAA Time Trials)**	Final B	U11
12:40	Boys	**150m (L&RAA Time Trials)**	Final	U11
13:10	Girls	**600m (L&RAA)**	Final	U11
13:15	Girls	**600m (NAA)**	Final	U11
13:15	Women & Girls	**Shot Put (U17 and Older Women)**	Final	Multiple
13:20	Boys	**600m (Time Trials)**	Final A	U11
13:25	Boys	**600m (Time Trials)**	Final B	U11
13:30	Boys	**200m (L&RAA)**	Final	U13
13:30	Boys	**Long Jump**	Final	U15
13:35	Girls	**200m (L&RAA)**	Final	U13
13:40	Girls	**200m (NAA)**	Final	U13
13:45	Boys	**200m (NAA)**	Final	U13
13:50	Girls	**200m (NAA)**	Final	U15
13:55	Boys	**200m (NAA)**	Final	U17
14:00	Boys	**200m (L&RAA)**	Final	U15
14:00	Men & Boys	**Pole Vault (All Male Pole Vault)**	Final	Multiple
14:05	Girls	**800m (NAA)**	Final	U13
14:10	Girls	**800m (L&RAA)**	Final	U13
14:15	Boys	**800m (NAA)**	Final	U13
14:20	Boys	**800m (L&RAA)**	Final	U13
14:25	Girls	**800m (NAA)**	Final	U15
14:30	Girls	**800m (L&RAA)**	Final	U15
14:30	Women & Girls	**High Jump (U17 and Older Women)**	Final	Multiple
14:30	Men & Boys	**Shot Put (U17 and Older Men)**	Final	Multiple
14:35	Boys	**800m (NAA)**	Final	U15
14:40	Boys	**800m (L&RAA)**	Final	U15
14:45	Girls	**800m (NAA)**	Final	U17
14:45	Men & Boys	**Long Jump (U17 and Older Men)**	Final	Multiple
14:50	Girls	**800m (L&RAA)**	Final	U17
14:55	Boys	**800m (NAA)**	Final	U17
15:00	Boys	**800m (L&RAA)**	Final	U17
15:05	Women & Girls	**800m (U20 and Older Women)**	Final	Multiple
15:10	Men	**800m (NAA)**	Final	U20
15:15	Men & Boys	**800m (NAA Senior and M35)**	Final	Multiple
15:20	Men & Boys	**800m (L&RAA U20 & SM & M35)**	Final	Multiple
15:25	Women & Girls	**200m (U15G & U17W L&RAA)**	Final	Multiple
15:30	Girls	**200m (NAA)**	Final	U17
15:35	Boys	**200m (NAA)**	Final	U15

15:40	Women	**200m (NAA)**	Final	U20
15:45	Women & Girls	**200m (NAA & L&RAA Senior and W35 and L&RAA U20W)**	Final	Multiple
15:50	Men	**200m (L&RAA)**	Final	U20
15:55	Men & Boys	**200m (NAA U20M and NAA & L&RAA Senior Men)**	Final	Multiple
16:00	Boys	**200m (L&RAA)**	Final	U17
16:05	Men	**200m**	Final	M35
16:10	Mixed Adults & Youth	**5000m (U17M and All Women and L&RAA Men)**	Final	Multiple
16:35	Men & Boys	**5000m (U20 and Older Men)**	Final	Multiple

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Time	Gender	Event	Round	Age group
10:30	Girls	**Long Jump**	Final	U13
10:30	Mixed Adults & Youth	**Hammer Throw**	Final	Multiple
11:00	Men & Boys	**400m Hurdles (U17 and U20)**	Final	Multiple
11:10	Girls	**300m Hurdles**	Final	U17
11:20	Girls	**300m**	Final	U15
11:25	Boys	**300m**	Final	U15
11:30	Men & Boys	**High Jump (All Men)**	Final	Multiple
11:35	Girls	**300m**	Final	U17
11:45	Girls	**100m (NAA)**	Heat 1	U13
11:45	Girls	**Long Jump**	Final	U11
11:49	Girls	**100m (NAA)**	Heat 2	U13
11:53	Girls	**100m (NAA)**	Heat 1	U15
11:57	Girls	**100m (NAA)**	Heat 2	U15
12:01	Boys	**100m (NAA)**	Heat 1	U17
12:05	Boys	**100m (NAA)**	Heat 2	U17
12:15	Boys	**75m (NAA)**	Final	U11
12:15	Women & Girls	**Javelin Throw (All Women)**	Final	Multiple
12:19	Girls	**75m (NAA Time Trials)**	Final A	U11
12:23	Girls	**75m (NAA Time Trials)**	Final B	U11
12:27	Mixed Youth	**75m (L&RAA)**	Final	U11
12:35	Boys	**400m**	Final	U17
12:40	Men	**400m (NAA)**	Final	U20
12:45	Men & Boys	**400m (L&RAA U20 & M35)**	Final	Multiple
12:50	Men & Boys	**400m (NAA Senior and M35)**	Final	Multiple
12:55	Women & Girls	**400m (NAA U20 and Older)**	Final	Multiple
13:00	Women & Girls	**400m (L&RAA U20 and Senior)**	Final	Multiple
13:00	Mixed Adults & Youth	**Triple Jump**	Final	Multiple
13:30	Girls	**100m (NAA)**	Final	U13
13:35	Girls	**100m (L&RAA)**	Final	U13
13:40	Boys	**100m (NAA)**	Final	U13
13:45	Boys	**100m (L&RAA)**	Final	U13
13:50	Boys	**100m (L&RAA)**	Final	U15
13:55	Girls	**100m (NAA)**	Final	U15
14:00	Girls	**100m (L&RAA)**	Final	U15
14:00	Men & Boys	**Javelin Throw (All Men)**	Final	Multiple
14:05	Boys	**100m (NAA)**	Final	U17
14:10	Boys	**1200m**	Final	U11
14:17	Girls	**1200m**	Final	U11
14:25	Girls	**1500m**	Final	U13
14:35	Boys	**1500m**	Final	U13
14:45	Girls	**1500m**	Final	U15
14:45	Girls	**Long Jump**	Final	U15
14:55	Boys	**1500m**	Final	U15
15:05	Girls	**1500m**	Final	U17
15:15	Boys	**1500m**	Final	U17
15:25	Women & Girls	**1500m (U20 and Older Women)**	Final	Multiple
15:35	Men	**1500m**	Final	U20
15:45	Men & Boys	**1500m (Senior & M35)**	Final	Multiple
15:45	Women & Girls	**Long Jump (U17 and Older Women)**	Final	Multiple
15:55	Girls	**100m (NAA)**	Final	U17
16:00	Girls	**100m (L&RAA)**	Final	U17

16:05	Boys	**100m (NAA)**	Final	U15
16:10	Boys	**100m (L&RAA)**	Final	U17
16:15	Women	**100m (NAA)**	Final	U20
16:25	Women	**100m (L&RAA)**	Final	U20
16:25	Women & Girls	**100m (Senior and W35)**	Final	Multiple
16:30	Men	**100m (NAA)**	Final	U20
16:35	Men	**100m (L&RAA)**	Final	U20
16:40	Men	**100m (NAA)**	Final	M35
16:45	Men & Boys	**100m (L&RAA Senior & M35)**	Final	Multiple
16:50	Men	**100m (NAA)**	Final	Senior