Mason Trophy 2025 Order of Events

Track			Field			
			9:30	JB	Javelin (Inside)	(Shrops)
			9:30	IG	Discus (outside)	(Northants)
10:15	IB	400m Hurdles	10:15	JG	Shot	(Her and Worc)
10:30	IG	300m Hurdles		JB	Long jump	(GM)
10:45	JG	1500m		IG	High jump	(West Mids)
11:00	JB	1500m		IB	Triple jump	(Chesh)
11:15	IB	100m		JB/JG	Pole vault	(Derbys)
11:25	IG	100m	10.30	IB	Javelin (inside)	(Shrops)
11:35	JG	100m	10.30	JG	Discus (outside)	(Warks)
11:45	JB	100m	11:55	IB	Discus (outside)	(Northants)
11.55	IB	3000m		JG	Javelin (inside)	(GM)
12:10	JG	75m Hurdles	11:55	JB	Shot	(Her/Worcs)
12:25	IG	1500m		IB	Long jump	(Chesh)
12:45	IG	80m Hurdles		JG	High jump	(West Mids)
13:00	JB	80m Hurdles		JB	Triple jump	(Notts)
13:15	IB	1500m	13:35	IB	Shot	(Her/Worcs)
13:30	IB	100m Hurdles		JG	Long jump	(Notts)
13:45	IG	3000m		IB	High jump	(West Mids)
14:00	JG	200m		IB/IG	Pole vault	(Derbys)
14:10	JB	200m	14:00	IG	Javelin (inside)	(GM)
14:20	IG	200m	14:00	JB	Discus (outside)	(Warks)
14:30	IB	200m	15:15	IG	Shot	(Shrops)
14:40	JG	800m		IG	Long jump	(Chesh)
14.54	JB	800m		JB	High jump	(Norhants)
15:08	IG	800m		IG	Triple jump	(Notts)
15:22	IB	800m	15:30	JB/IB	Hammer (outside)	(Derbys)
15:35	IB	400m		JG/IG	Hammer (inside)	(Warks)
15:45	JG	300m				
15:55	JB	300m				
16:05	IG	300m				
16:15	IG	1500m Steeplechase				
16:25	IB	1500m Steeplechase				
16:35	Junior	4x100m relay (Mixed)				
16:45	Inter	4x100m relay(Mixed)				