



UK YOUTH DEVELOPMENT LEAGUE

Lower Age Group Premier Timetable 2024

TRACK Timetable

Time	Event	M/F	
11:00	70m Hurdles	U13 Girls	A & B
	75m Hurdles	U13 Boys	A & B
	75m Hurdles	U15 Girls	A & B
	80m Hurdles	U15 Boys	A & B
11:50	150m	U13 Girls	A & B
	150m	U13 Boys	A & B
12:15	200m	U15 Girls	A & B
	200m	U15 Boys	A & B
12:50	800m	U13 Girls	A & B and N/S
	800m	U13 Boys	A & B and N/S
	800m	U15 Girls	A & B and N/S
	800m	U15 Boys	A & B and N/S

Track Break - if time allows

14:00	75m	U13 Girls	A & B and N/S
	75m	U13 Boys	A & B and N/S
14:30	100m	U15 Girls	A & B and N/S
	100m	U15 Boys	A & B and N/S
15:00	300m	U15 Girls	A & B
	300m	U15 Boys	A & B
15:20	1500m	U15 Girls	One Race
	1500m	U15 Boys	One Race
15:40	1200m	U13 Girls	One Race
	1200m	U13 Boys	One Race
16:00	4x100m	U15 Girls	One Race
	4x100m	U15 Boys	One Race
	4x100m	U13 Boys	One Race
	4x100m	U13 Girls	One Race
16:30	4x300m	U15 Girls	One Race
	4x300m	U15 Boys	One Race

FIELD Timetable

Time	Event	M/F
10:45	Hammer	U15 Boys
11:30	Hammer	U15 Girls
11:45	Long Jump	U15 Girls
	High Jump	U13 Girls
	Shot	U13 Boys
12:15	Discus	U15 Boys
12:30	Pole Vault	U15 B & G
13:00	High Jump	U13 Boys
	Shot	U13 Girls
	Discus	U15 Girls
13:15	Long Jump	U15 Boys
13:45	Javelin	U15 Boys
14:15	High Jump	U15 Boys
	Shot	U15 Girls
14:30	Javelin	U13 Boys
14:45	Long Jump	U13 Girls
15:15	Javelin	U15 Girls
15:30	High Jump	U15 Girls
	Shot	U15 Boys
15:45	Long Jump	U13 Boys
16:00	Javelin	U13 Girls
3 trials per athlete except vertical jumps		



UK YOUTH DEVELOPMENT LEAGUE

Lower Age Group Non-Premier Timetable 2024

TRACK Timetable

Time	Event	M/F	
11:15	70m Hurdles	U13 Girls	A & B
	75m Hurdles	U13 Boys	A & B
	75m Hurdles	U15 Girls	A & B
	80m Hurdles	U15 Boys	A & B
12:00	150m	U13 Girls	A & B
	150m	U13 Boys	A & B
12:20	200m	U15 Girls	A & B
	200m	U15 Boys	A & B
12:45	800m	U13 Girls	A & B and N/S
	800m	U13 Boys	A & B and N/S
	800m	U15 Girls	A & B and N/S
	800m	U15 Boys	A & B and N/S

Track Break - if time allows

13:45	75m	U13 Girls	A & B and N/S
	75m	U13 Boys	A & B and N/S
14:15	100m	U15 Girls	A & B and N/S
	100m	U15 Boys	A & B and N/S
14:45	300m	U15 Girls	A & B
	300m	U15 Boys	A & B
15:05	1500m	U15 Girls	One Race
	1500m	U15 Boys	One Race
15:25	1200m	U13 Girls	One Race
	1200m	U13 Boys	One Race
15:55	4x100m	U15 Girls	One Race
	4x100m	U15 Boys	One Race
	4x100m	U13 Boys	One Race
	4x100m	U13 Girls	One Race
16:25	4x300m	U15 Girls	One Race
	4x300m	U15 Boys	One Race

FIELD Timetable

Time	Event	M/F
11:15	Hammer	U15 B & G
11:30	Long Jump	U13 Boys
11:45	High Jump	U15 Girls
11:45	Shot	U13 Girls
12:15	Discus	U15 Boys
13:00	Long Jump	U15 Girls
13:00	High Jump	U13 B & G
13:00	Pole Vault	U15 B & G
13:00	Discus	U15 Girls
13:15	Shot	U15 Boys
13:45	Javelin	U15 Boys
14:30	Long Jump	U13 Girls
14:30	High Jump	U15 Boys
14:30	Shot	U13 Boys
14:30	Javelin	U15 Girls
15:15	Javelin	U13 Boys
15:30	Long Jump	U15 Boys
15:30	Shot	U15 Girls
16:00	Javelin	U13 Girls

3 trials per athlete except vertical jumps