

CHESHIRE TRACK AND FIELD LEAGUE - West Cheshire A.C. Ellesmere Port
Sunday 1st September 2019 11.45 **TIMETABLE - ROUND 4**

11.45 Mixed Men / Ladies 3000m
12.15 SM / U17M 200m
12.15 SW / U17W 200m
12.15 Under 11 Girls 150m
12.15 Under 11 Boys 150m
12.15 Under 13 Boys 100m
12.15 Under 15 Boys 100m
1.30 Under 13 Girls 200m
1.30 Under 15 Girls 200m

2.00 Under 11 Girls 600m
2.00 Under 11 Boys 600m
2.20 Under 13 Girls 1200m
2.35 Under 15 Boys 800m
2.35 U17W / SW 800m
3.05 Under 15 Girls 1500m
3.05 Under 13 Boys 1500m
3.05 Under 17M / SMen 1500m
3.50 Under 13 Girls 4x100 Relay

3.55 Under 15 Boys 4x100 Relay
4.00 Under 11 Girls 4x100m Relay
4.10 Under 11 Boys 4x100m Relay
4.15 Under 13 Boys 4x100m Relay
4.20 Under 15 Girls 4x100m Relay
4.25 Under 17W 4x100m Relay
4.30 U17M 4x100m Relay
4.35 SW 4x400m Relay
4.40 SM 4x400m Relay

FIELD

12.00 U13 Girls High Jump; SW / U17W Hammer ; SM / U17M Long Jump
12.45 Under 11 Girls Long Jump
12.55 Under11 Boys Javelin
1.00 U15 Boys High Jump
1.15 Under 13 Boys Javelin
1.25 Under 13 Girls Shot
1.45 Under 15 Girls Long jump
2.00 SM / U17M Discus
2.10 SW / U17W High Jump; U15 Boys Shot
2.35 Under 13 Boys Long jump
2.50 Under 15 Girls Discus
3.05 Under 11 Girls Javelin
3.20 Under 11 Boys Long Jump

Meet at the West Cheshire A.C. Track (see directions) **circa 11.30** and register. Please pre-enter by putting £3 in an envelope with your name on and give to your coach. Entries can be accepted on the day in exceptional circumstances.

DIRECTIONS:

Take M53 towards Ellesmere Port
At Junction 10 take the A5117 exit to Queensferry / Stanlow
(Cheshire Oaks)
At the roundabout take the first exit onto A5117
Turn right onto Kinsey Road / B5132
Continue to follow B5132
Go through 2 roundabouts
Destination is on left, approx. 0.9 miles from the M53
Athletics tracks is in far corner.

Stanney Oaks Leisure Centre
Stanney Lane
Ellesmere Port
CH65 9LB