



**ESAA Track & Field Schools' Cup
Northumberland - Round 1
Gateshead International Stadium
Tuesday 16 May 2023**



Start: 10.00am / Finish:3.30pm

10:15 Track - Inter Boys & Junior Girls - *see Track Order*
PM Track - Inter Girls & Junior Boys - *see Track Order*

**All field events are 3 attempts only (except HJ & PV)
HJ & PV should set heights taken from the scoring tables**

10:00 Field Events - Morning

1st Session

F 1	Inter Girls - Shot	3k
F 2	Inter Girls - Triple Jump (Year 10 only)	
F 3	Inter Girls - Hammer (if any competitors)	3k
F 4	Inter Girls - Discus	1k
F 5	Inter Girls - Pole Vault (if any competitors)	max 7 attempts
F 6	Junior Boys - Pole Vault (if any competitors)	max 7 attempts
F 7	Junior Boys - High Jump	max 7 attempts
F 8	Junior Boys - Long Jump	
F 9	Junior Boys - Javelin	600gms
	Immediate follow on :-	
F 10	Inter Girls - High Jump	max 7 attempts
F 11	Inter Girls - Long Jump	
F 12	Inter Girls - Javelin	500gms
F 13	Junior Boys - Triple Jump (Year 8 only)	
F 14	Junior Boys - Shot	3k
F 15	Junior Boys - Discus	1k
F 16	Junior Boys - Hammer (if any competitors)	3k

Field Events - Afternoon (re-start time to be announced)

2nd Session

F 15	Junior Girls - Long Jump	
F 16	Junior Girls - Shot	3k
F 17	Junior Girls - Discus	1k
F 18	Junior Girls - Hammer (if any competitors)	3k
F 19	Inter Boys - High Jump	max 7 attempts
F 20	Inter Boys - Triple Jump	
F 21	Inter Boys - Javelin	600gms
	Immediate follow on :-	
F 22	Junior Girls - High Jump	max 7 attempts
F 23	Junior Girls - Javelin	500gms
F 24	Inter Boys - Long Jump	
F 25	Inter Boys - Shot	4k
F 26	Inter Boys - Discus	1.25k
F 27	Inter Boys - Hammer (if any competitors)	4k

PLEASE LISTEN CAREFULLY TO ANNOUCEMENTS SO THAT YOU DO NOT MISS YOUR EVENT