



# LASSWADE ATHLETICS CLUB

## Club Competition 2025

| Track |       |                                 |     |                | Field |     |               |     |                |
|-------|-------|---------------------------------|-----|----------------|-------|-----|---------------|-----|----------------|
| T1    | 18:00 | 100m                            | U13 | Girls          | 18:00 | F1  | Long Jump     | U11 | Boys and Girls |
| T2    | 18:05 | 100m                            | U13 | Boys           |       | F2  | Long Jump     | U17 | Boys and Girls |
| T3    |       |                                 | U15 | Boys           |       |     |               |     |                |
| T4    | 18:10 | 100m<br>(2 Heats)               | U15 | Girls          |       | F3  | Shot Putt     | U13 | Boys and Girls |
| T5    | 18:20 | 100m                            | U17 | Girls          |       | F4  | Shot Putt     | U15 | Boys and Girls |
| T6    | 18:25 | 100m                            | U17 | Boys           |       |     |               |     |                |
| T7    | 18:30 | 75m                             | U11 | Girls          |       |     |               |     |                |
| T8    | 18:35 | 75m                             | U11 | Boys           | 18:40 | F5  | High Jump     | U11 | Boys and Girls |
| T9    | 18:40 | 800m                            | U13 | Girls          |       | F6  | High Jump     | U13 | Boys and Girls |
| T10   | 18:45 | 800m                            | U13 | Boys           |       | F7  | Turbo Javelin | U11 | Boys and Girls |
| T11   |       |                                 | U15 | Boys           |       |     |               |     |                |
| T12   | 18:50 | 800m                            | U15 | Girls          |       | F8  | Javelin       | U13 | Boys and Girls |
| T13   |       |                                 | U17 | Girls          |       |     |               |     |                |
| T14   | 18:55 | 800m                            | U17 | Boys           |       | F9  | Long Jump     | U15 | Boys and Girls |
| T15   | 19:00 | 600m                            | U11 | Boys and Girls |       | F10 | Shot Putt     | U17 | Boys and Girls |
| T16   | 19:05 | 200m<br>(2 Heats)               | U13 | Girls          |       |     |               |     |                |
| T17   | 19:15 | 200m                            | U13 | Boys           | 19:20 | F11 | Shot Putt     | U11 | Boys and Girls |
| T18   | 19:20 | 200m                            | U15 | Boys           |       | F12 | Long Jump     | U13 | Boys and Girls |
| T19   | 19:25 | 200m<br>(2 Heats)               | U15 | Girls          |       |     |               |     |                |
| T20   | 19:35 | 200m                            | U17 | Girls          |       | F13 | Javelin       | U15 | Boys and Girls |
| T21   | 19:40 | 200m                            | U17 | Boys           |       | F14 | High Jump     | U17 | Boys and Girls |
| T22   | 19:45 | 150m                            | U11 | Girls          |       | F15 | Javelin       | U17 | Boys and Girls |
| T23   | 19:50 | 150m<br>(2 Heats)               | U11 | Boys           |       | F16 | High Jump     | U15 | Boys and Girls |
| T24   | 20:00 | 1500m                           | U13 | Boys and Girls |       |     |               |     |                |
| T25   |       |                                 | U15 | Boys and Girls |       |     |               |     |                |
| T26   |       |                                 | U17 | Boys and Girls |       |     |               |     |                |
| T27   | 20:15 | 4x100m Mixed Relay<br>(3 Heats) |     |                |       |     |               |     |                |
|       | 20:30 | Presentation of Awards          |     |                |       |     |               |     |                |

- Athletes can wear either their own kit or Lasswade AC kit.
- If you are competing in 2 events at the same time please report to both and officials will do their best to allow you to jump or throw before or after your track event. If leaving a field event to run in a track event, **please return to the field event immediately after the race.**
- Athletes should use the warm up area on the grass outside the track and only go inside the track with a Marshall when competing.