

Dorset County Championships
11 May 2025

Final Track Timetable

10:00	400mH			13:25	3000m	U15G/U15B
10:05	200m Heats	U13G				U17W
		U13B				U20W/ U20M/SW
		U15G		13:40	3000m	VM/VW
		U17W		14:05	70mH Heats	U13G
		U17M		14:15	75mH	U15G
10:40	75m	Quadkids		14:20	75mH	U13B
11:00	200m Final	FrameRunner		14:25	80mH	U15B
		U15B				U17W
		U20W/VW			100mH	U17M
		U20M		14:35	300m Heats	U15G
		VM	Time trial		300m	U15B/U17W
		U13G		14:50	400m	U17M
		U13B				U20W/U20M
		U15G				VW/VM
		U17W		15:05	800m	U13G
		U17M				U13B Time trial
11:40	1500m	U13B/U13G				U15G
		U15B/U15G				U15B/U17M
		U17W & older				U17W/U20W/SW
		U17M & older				U20M/SM/VM
12:10	1500m S/C	Women		15:35	70mH Final	U13G
12:20	100m Heats	U13G		15:40	600m	Quadkids
		U13B		16:05	300m Final	U15G
		U15G				
		U15B				
		U17M				
12:50	100m Finals	FrameRunner				
		U17W				
		U20W/SW/VW				
		U20M/SM				
		VM				
		U13G				
		U13B				
		U15G				
		U15B				
		U17M				

Note: Qualification to Final

100m & Sprint hurdles

2 heats - First 3 in each heat & next 2 fastest

3 heats - First 2 in each heat & next 2 fastest

200m & 300m

2 heats - First 2 in each heat & next 2 fastest

IF NO HEAT IS REQUIRED THE FINAL WILL BE RUN AT HEAT TIME

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Final Field Timetable

Field event trials in Long Jump, Triple Jump, Shot, Hammer, Javelin and Discus:

- Senior and U20 M/W shall have three attempts with those achieving a valid trial being permitted a further three trials;
- Under 13/ 15 / 17 athletes shall have three attempts with those achieving PB Standard Level 5 being permitted a further three trials.

Start	Event	Age Group
10:00	Hammer	All
10:00	Triple Jump	All
10:00	High Jump	U13 B&G + U15G
10:30	Pole Vault	All
11:15	Long Jump	U15 B&G
11:20	Vortex	QK Girls A
11:20	Long Jump	QK Girls B
11:30	Discus	U13 - 17 B&G
12:15	Shot	U20 - Senior M&W
12:15	Long Jump	U13G
12:30	Vortex	QK Boys Group B
12:30	Long Jump	QK Boys Group A
13:15	Discus	U20 – Senior M&W
13:15	Long Jump	U13B
13:30	Long Jump	QK Girls A
13:30	Vortex	QK Girls B
14:15	Long Jump	QK Boys Group B
14:15	Vortex	QK Boys Group A
14:30	Shot	U13 -17 B&G
14:30	Javelin	U17 – Senior M&W
15:30	Long Jump	U17 – Senior M&W
15:30	High Jump	U17 – Senior M&W + U15B
15:30	Javelin	U13 - U15 B&G